

Lansing Parks & Recreation

Your Recreation Leader

FALL 2009

Activities Guide

SEPTEMBER — DECEMBER

Scholarships are
available to City of Lansing
youth who qualify. See
page 30 in the general
info section for
complete
details.



VIRG BERNERO, MAYOR

Creating Community Through People, Parks and Programs

"The mission of the Parks and Recreation Department is to enhance the quality of life through the preservation and maintenance of park lands, the provision of quality leisure time activities, and the provision of special facilities which would otherwise not be available to the Lansing residents."

Attention All Walkers, Bikers, and Joggers!

You now have two new trails to discover right here in Lansing!

Davis Park Trail During the summer of 2008, Department of Parks and Recreation Director Murdock Jemerson teamed with a group of south side residents and the South Lansing Community Development Association, headed by Kathie Dunbar, to develop a Park Master Plan for improvements at Davis Park. Davis Park is a 42 acre park which has two lighted adult softball fields, two youth baseball fields, concession area, playground, basketball court and is used for soccer during the spring and fall. Of all the improvements that were discussed during the Park Master Plan meetings, a perimeter walking trail became the highest priority for the park. The trail received funding through the Lansing Park Millage (\$50,000.00) and the Davis Park Trust Fund (\$50,000.00) and was completed in the spring of 09. The trail is 8 ft. wide and .65 miles long.

Frances Park Trail Frances Park is known for its beautiful rose garden, scenic overlook of the Grand River, and magnificent floral displays. Now visitors to the park can experience a three quarter mile trail that takes you around the playing field, ravine and through the woods along Moores River Drive and connects at several locations to the river walk. This trail is just one of the many new features included in the recently adopted Frances Park Master Plan. This plan was conceived by the Friends of Frances Park and the Riverside Neighborhood Association and was funded by the Lansing Park Millage.



Burchard Park Receives Lansing's First Community Built Playground! Members of the Old Town Commercial Association and the Old Town Neighborhood Association teamed up with the City of Lansing to bring Lansing its first "community built" playground structure. Over 45 community volunteers spent 5 hours constructing this massive playground structure that included four slides, tree and net climbers, walking bridge and a bench for guardians to sit and watch. The project was funded by the Lansing Park Millage and a grant from the Capital Area Community Foundation.



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If you are interested in advertising in this publication, please contact Denise Lynch, Editor at 483-4290.

FLAG FOOTBALL PHOTO ON COVER BY HOFFMAN PHOTOGRAPHY

Community Center Hours

BEGINNING TUESDAY, SEPTEMBER 8

Monday - Thursday, 8:30 a.m. to 9 p.m.;
Friday 8:30 a.m. to 5 p.m.; closed Saturday

BEGINNING MONDAY, SEPTEMBER 28

Monday - Friday, 8:30 a.m. to 9 p.m.;
Saturday, 8:30 a.m.-5 p.m.

Closed Wednesday, November 11

Close at 5 p.m. on Wednesday, November 25

Closed Thursday, November 26 –
Sunday, November 29

Closed Thursday, December 25 –
Sunday, December 27

Monday, December 28-Wednesday,
December 30; 8:30 a.m. to 5 p.m.

Closed Thursday, December 31 –
January 3, 2010



Please note that all Lansing Parks and Recreation programs scheduled at Lansing School District buildings will be canceled when the district is closed.

AQUATICS

Parent/Child Classes:

BOBBIN BABES (Ages 6 Months – 2 Years)

TINY TOTS (Age 2 – 5 Years)

BABES & TOTS (Ages 1 – 5 Years)

Children will become familiarized with the water with an emphasis on fun, safety and gaining confidence and comfort in the water. Instructors will guide you through with songs, games and activities in the water. This class is not designed to teach children to become good swimmers or to survive in the water on their own. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

Youth Swim Lessons

PRESCHOOL AQUATICS (Ages 3 – 5)

Experience advanced water adjustment, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

(Ages 5 and up)

LEVEL 1 – INTRODUCTION TO WATER SKILLS

Continue to learn basic personal water safety information and skills, to help you feel comfortable in the water safely. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Continue developing locomotion skills, simultaneous and alternating arm action on the front and back that will lay the foundation for future strokes.

LEVEL 3 – STROKE DEVELOPMENT

Build on previously learned skills through additional guided practice, introduction of the scissors and dolphin kicks, build on the fundamentals of treading water, front crawl and elementary backstroke. Diving rules and headfirst entries from a sitting position will be introduced.

LEVEL 4 – STROKE IMPROVEMENT

Develop confidence and endurance in strokes previously learned. Back crawl, breaststroke, and butterfly will also be introduced.

LEVEL 5 – STROKE REFINEMENT

Continue refinement and endurance in all strokes. Introduction to flip turns on the front and back.

LEVEL 6 – SWIMMING AND SKILL PROFICIENCY

Refine strokes to swim with more ease, efficiency, power and smoothness and greater distance. This class is designed to prepare participants for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, such as competitive swimming.

Fall Swim Schedule

SOUTHSIDE COMMUNITY CENTER (HILL)

September 28 – December 8, 2009

Youth lessons meet 1 day/week for 8 weeks. Fee: \$32/Resident; \$37/Non-Resident

For all other aquatic program fees and times see specific course descriptions.

DAYTIME SCHEDULE

TUESDAYS:

9/29-12/3

135120F	Stretch & Flex	10:30-11:15
Open/Lap Swim		11:30-1:00

THURSDAYS:

10/1-12/3 (No swim 11/26)

135120F	Stretch & Flex	10:30-11:15
Open/Lap Swim		11:30-1:00

EVENING SCHEDULE

MONDAYS:

9/28 – 12/7

Open/Lap Swim (thru 12/7)	4:30-7:30
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TUESDAYS:

9/29 – 11/17

Open/Lap Swim (thru 12/8)		4:30-5:30
135010A	Level 1	5:30-6:00
135100A	Preschool	5:30-6:00
135020A	Level 2	6:10-6:55
135030A	Level 3	6:10-6:55
135110A	I Want Results (thru 12/8)	7:00-8:00

WEDNESDAYS:

9/30 – 12/2 (NO SWIM 10/21, 11/25)

Open/Lap Swim		4:30-5:30
135100B	Preschool	5:30-6:00
135010B	Level 1	5:30-6:00
135020B	Level 2	6:10-6:55
135030B	Level 3	6:10-6:55
135040B	Level 4	7:05-7:50
135050B	Level 5/6	7:05-7:50
Lap Swim		6:00-8:45
Open/Lap Swim		7:50-8:45

THURSDAYS:

10/1-12/3 (NO SWIM 10/8, 11/26)

Open/Lap Swim		4:30-5:30
135070C	Bobbin Babes	5:30-6:00
135040C	Level 4	5:30-6:15
135100C	Preschool	6:10-6:40
135010C	Level 1	6:25-6:55
135080C	Tiny Tots	6:45-7:15
135110A	I Want Results	7:00-8:00

FRIDAYS:

10/2-12/4 (NO SWIM 11/20, 11/27)

Open/Lap Swim		4:30-5:30
135080D	Tiny Tots	5:30-6:00
135030D	Level 3	5:30-6:15
135100D	Preschool	6:10-6:40
135010D	Level 1	6:25-6:55
135020D	Level 2	6:50-7:35
Open/Lap Swim		7:45-8:45

SATURDAYS:

10/3-11/21

135010E	Level 1	9:30-10:00
135100E	Preschool	9:30-10:00
135020E	Level 2	10:10-10:55
135030E	Level 3	10:10-10:55
135050E	Level 5/6	11:05-11:50
135040E	Level 4	11:05-11:50
Open Swim		12:00-1:00

PRIVATE & SEMI-PRIVATE SWIM LESSONS (All Ages)

Fee includes 4-half hour sessions where instruction is given one on one for private lessons and one instructor per two or three students for semi-privates. For more information or to schedule call 483-4292.

PRIVATES

Youth: \$56/Res; \$61/Non-Res

Adults: \$56/Res; \$84/Non-Res

SEMI-PRIVATES

Youth: \$41/Res; \$46/Non-Res

Adults: \$41/Res; \$61/Non-Res



AQUATICS

Aqua Exercise Classes For Adults

Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water. Choose our STRETCH & FLEX class for a lower intensity workout or I WANT RESULTS for a high intensity class.

I WANT RESULTS: High Intensity (Adults)

This cardiovascular workout will give you results without the stress on your joints. Aqua-belts keep you afloat while you exercise in the deep water. This is an intense cardiovascular workout, but strength training is incorporated with a mixture of noodles and dumbbells in the shallow end of the pool. Non-swimmers can modify the workout for shallow water. Equipment is provided at the pool. No class 10/8, 11/26.

Activity #135110A \$76/Res; \$114/Non-Res
9/29 - 12/8 Tue/Thu 7-8 pm Southside (Hill)



STRETCH & FLEX: Low Intensity (Adults)

This class targets adults who want to work their muscles and joints in a relaxing, non-impact workout. No class 10/8, 11/26.

Activity# 135120F \$72/Res; \$108/Non-Res
9/29 - 12/3 Tue/Thu 10:30-11:15 am Southside (Hill)

AQUA EXERCISE PUNCH CARD

Attend any aquatic exercise class at your convenience with your punch card. 6 punches with no expiration.

135110PC \$39/6 punches/Res; \$58/6 punches/Non-Res

Why sign up for Aqua Exercise?

Water based exercise provides a comfortable workout for the body. 90% of a person's body weight is lost when in shoulder deep water and as a result less joint stress is put on the body. In addition to feeling weightless, it can prevent or correct muscular imbalance because the water applies equal tension to the body. Studies have shown that a person who walks on land for 30 minutes uses 135 calories, while walking in deep water for the same amount of time 264 calories are used due to the resistance produced by the water. Take advantage of all the wonderful benefits the water can provide and sign up for a Lansing Parks and Recreation Aqua Exercise class.

ADAPTED AQUATICS: See page 26

Did you know? Our swim lessons are taught by certified Water Safety Instructors (WSI) who have successfully completed an intensive American Red Cross WSI training program. What does this mean to you? You are being taught by a qualified instructor who has been specifically trained to teach the mechanics of swimming, stroke development and water safety.

Open & Lap Swimming

September 28 – December 8, 2009

No swimming 10/8, 10/21, 11/20, 11/25, 11/26 & 11/27

SOUTHSIDE COMMUNITY CENTER – HILL POOL

Monday	(ends 12/7)	4:30-7:30 pm	Open/Lap
Tuesday	(ends 12/8)	4:30-5:30 pm	Open/Lap
	(ends 12/3)	11:30 am-1:00 pm	Open/Lap
Wednesday	(ends 12/2)	4:30-5:30 pm	Open/Lap
		6:00-7:50 pm	Lap only
		7:50-8:45 pm	Open/Lap
Thursday	(ends 12/3)	11:30 am-1:00 pm	Open/Lap
		4:30-5:30 pm	Open/Lap
Friday	(ends 12/4)	4:30-5:30 pm	Open/Lap
		7:45-8:45 pm	Open/Lap
Saturday	(ends 11/21)	12:00-1:00 pm	Open/Lap

Bring the family to this affordable activity close to home! Children under age 12 must be accompanied by an adult. Toddlers and infants must wear a swim diaper or rubber pants with snug fitting legs. A lane will be reserved for lap swim upon request. \$2 per person or max. \$10 per immediate family at the door. Please bring correct change. Call 483-6685, 483-4292 or 483-4290 for updates or cancellations. Open and Lap swimming times are subject to change based on interest and participation.



Holiday Swims



at Southside Community Center – Hill Pool

Open swimming with a holiday twist! Join us for a festive time at the pool. Normal fees and rules will apply.

Halloween Swim	Sat, Oct. 31	12 – 1 pm
Turkey Swim	Sat, Nov. 21	12 – 1 pm
Swim with Santa	Fri, Dec. 11	7:45 – 8:45 pm

CREATIVE & CULINARY ARTS

TEDDY BEAR CHEFS (Ages 3-5)

These easy, hands-on recipes are foods that kids will enjoy eating and have fun making, while developing basic cooking skills and safety. 4 sessions.

Activity #113531A \$10/Res; \$15/Non-Res
10/3-10/24 Sat 11 am -12 pm Gier

BEAD CROCHET BRACELET (Adults)

Create a continuous circle that glides over your hand to rest at your wrist without a clasp. Beginners welcome; some knowledge of crochet is useful but not required. Week 1 we will discuss the process and learn the stitch. Week 2 you will finish your bracelet! See www.phoenixrisingj.wordpress.com for more information. Kit fee of \$35 payable at class. Instructor: Chris Townsend. 2 sessions.

Activity #112590A \$30/Res; \$45/Non-Res
10/1-10/8 Thu 5:30-8:45 pm Foster

Activity #112590B \$30/Res; \$45/Non-Res
10/17-10/24 Sat 10 am-2 pm Foster



ADVANCED BEAD CROCHET (Adults)

Open to students who have taken the rope bracelet class, or have previous bead crochet experience. Learn how to add cones, clasps and focal beads to crochet rope sections and explore designs for a unique necklace. We will also troubleshoot common design problems and come up with possible solutions. See www.phoenixrisingj.wordpress.com. Kit fee of \$35 payable at class. Instructor: Chris Townsend.

Activity #112591A \$30/Res; \$45/Non-Res
11/7 Sat 11am 4 pm Foster

UPHOLSTERY CLASS (Adults)

Restore your old chair or small piece of furniture after completely dismantling it in class. All principles of upholstery can be learned on a small piece which will be applicable to a larger piece. Suggested fabrics, colors, and suitable patterns will be addressed. No recliners, love seats or couches, please. Bring your project to the first class along with tools (tack hammer w/magnet, tack lifter and pliers) and a sheet to cover your piece. A detailed supply list will print on your receipt when you register. Instructor: Charlie Fulton. No class 11/2 and 11/9.

Activity #150120A \$72/Res; \$108/Non-Res
9/28-11/30 Mon 6-9 pm Miller Rd Center



QUILTING 101 (Adults)

Learn basic and quilting and sewing techniques using your own sewing machine, which you will bring to class. Using a rotary cutter and a straight edge, we will make a closed-seam pillowcase, a travel-sized quilted pillowcase, and a beautiful drawstring purse. Supply fee is \$15 or contact the instructor for a supply list. You must bring your own sewing machine in good working order. Basic quilting supplies will be available to use during class. Five weeks; Instructor is Cathy Stewart; sewnsew2006@yahoo.com

Activity #116130A \$55/Res; \$82/Non-Res
10/5-11/2 Mon 1:30-3 pm Southside (Hill)



QUILTING 201 (Adults)

Put your new found quilting skills to work! We will create a lovely wallhanging using your choice of several techniques, which we will learn in class. Supply fee is \$25 or contact the instructor for a supply list. You must bring your own sewing machine in good working order. Basic quilting supplies will be available to use during class. Five weeks; Instructor is Cathy Stewart; sewnsew2006@yahoo.com

Activity #116131A \$55/Res; \$82/Non-Res
11/9-12/7 Mon 1:30-3 pm Southside (Hill)

WATERCOLOR: BEGINNER - INTERMEDIATE (Adults)

Discover the joys of watercolor! You will have an introduction to traditional transparent watercolor, color value and composition. Work will range from cats, florals and landscapes to experimentation. Mixed media techniques will also be introduced. If you have supplies, please bring them. A supply list will print on your receipt when you register. If you purchase supplies from O'Leary Paint you will get a 10% discount. Instructor: Richard O'Malley.

Activity #150652A \$60/Res; \$90/Non-Res
9/29-11/3 Tue 6:30-8:30 pm Southside (Hill)

ONE-STROKE PAINTING (Adults)

This course will teach you the basics of One-Stroke decorative painting created by Donna Dewberry. This is an easy, fun method to paint on almost anything and a complete floral design will be painted together at each session. All levels of painters welcome. Instructor: Celestine Hart. 5 sessions.

Activity #114501A \$40/Res; \$60/Non-Res
10/12-11/9 Mon 6:30-8:30 pm Letts

CREATIVE PAINTING CLUB (Adults)

All types of painters are welcome including acrylic, watercolor, and oil. We can explore every thing from traditional canvas painting to card making, and from murals to painted fashions and much more. No Class 11/26.

Activity #114023A Free
10/1-12/17 Thu 6:30-8:30 pm Letts



PAINTED PETS - ART CLASS FOR KIDS (Ages 6-10)

Create your own pet picture using a choice of chalk, pencil or paint. You can paint a picture of your own pet or stuffed animal. One special class will include a "guest pet" for children to sketch. All artwork will be featured in the City Hall lobby for our own special art show and reception on Thursday, November 5.

Activity# 313705B \$5/Res; \$10/Non-Res
9/24-10/29 Thu 4-5:15 pm Gier

FUN WITH PAINTING! ADULTS AND CHILDREN PAINT TOGETHER

Have you always wanted to learn to paint? Here is your chance. This class will be a fun introduction to the One-Stroke method of decorative painting that was created by Donna Dewberry. One-Stroke Painting has been seen on cable and public television. One-Stroke painting is an easy, fun method to paint on almost anything. Each student will paint a complete design during this 90 minute class. Children and adults will enjoy painting using basic brush strokes to make a beautiful project. Brush, paint and surface provided. Recommended for youth ages 8 and up. Adult must be present and register with youth. Each additional youth is \$10.

Activity #114024A \$22/Res; \$33/Non-Res
9/26 Sat 12 pm Letts

Activity #114024B \$22/Res; \$33/Non-Res
10/24 Sat 12 pm Letts

Activity #114024C \$22/Res; \$33/Non-Res
12/5 Sat 12 pm Letts



Is there a specific craft project for adults that you would like to see offered at your local community center? Are you "crafty" yourself and would like to share your knowledge with others? Please call Foster (483-4233); Gier (483-4313) or Letts (483-4311) to discuss classes or instruction.

DANCE

PRE-DANCE (Ages 4-6)

Fundamental dance movement, ballet, tap and jazz expressed to music along with warm-ups, tumbling and simple dance sequences. Instructor: Garnett Kepler. 8 sessions.

Activity #112701A \$30/Res; \$35/Non-Res
9/28-11/16 Mon 4:30-5:20 pm Foster

ACROBATICS (Ages 5-10)

Introduction to basic tumbling moves and agility tricks such as handstands, cartwheels, front and back somersaults and bridges; as well as work on stretching and limbering the body and learning the proper form of tumbling. Each child will work on moves and tricks appropriate to their skill level. Instructor: Garnett Kepler. 8 sessions.

Activity #112700A \$30/Res; \$35/Non-Res
10/1-11/19 Thu 4:20-5:10 pm Foster

BALLET/JAZZ I (Ages 5-14)

Introduction to basic ballet steps and terminology with fundamental jazz techniques designed to develop dancing skills and enhance creative movement. Instructor: Garnett Kepler. 8 sessions. No class 11/11, 11/25.

Activity #112702A (Ages 5-7) \$30/Res; \$35/Non-Res
9/29-11/17 Tue 4:30-5:20 pm Foster

Activity #112702B (Ages 8-14) \$30/Res; \$35/Non-Res
9/30-12/2 Wed 4:30-5:20 pm Foster

BEGINNING TAP I (Ages 5-7)

Designed for children with no previous dance experience; this class will include basic tap steps and simple combinations, as well as developing an awareness of how the tap sounds relate to music. Instructor: Julie Williams. 8 sessions.

Activity #112715A \$25/Res; \$30/Non-Res
10/6-11/24 Tue 6:30-7:10 pm Foster

BEGINNING TAP II (Ages 8-10)

Designed for students who have already taken Tap I. This class takes students into the next level of tap including basic tap steps and rhythm combinations. Instructor: Julie Williams. 8 sessions.

Activity #112716A \$25/Res; \$30/Non-Res
10/6-11/24 Tue 7:20-7:50 pm Foster

ACRODANCE (Ages 8-14)

This class combines basic tumbling with jazz dance. Each session will start with warm-ups, dance combinations and proper form of tumbling. We will include some rhythmic gymnastics and a short routine. Instructor: Garnett Kepler. 8 sessions.

Activity #112704A \$30/Res; \$35/Non-Res
9/29-11/17 Tue 5:30-6:20 pm Foster



PINT SIZE NIA (Ages 5-8)

NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them.

Activity #150300D \$28/Res; \$33/Non-Res
10/8-11/19 Thu 4-4:45 pm Southside (Hill)



NIA TEENS (Ages 13-17)

Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson.

Activity #150300E \$28/Res; \$33/Non-Res
10/8-11/19 Thu 5-5:45 pm Southside (Hill)

VARIETY D.A.N.C.E. (Ages 5-14)

Developing And Nurturing Community Empowerment (D.A.N.C.E.) is a non-profit organization dedicated to teaching underprivileged children of the community the art of dance. In each D.A.N.C.E. level listed below, students will learn Jazz, Tap, Hip Hop, Acrobatics, Ballet, Step, Cheer, and African movements. Once students' progress beyond the Introduction level classes, there will be an additional costume fee; levels 2-3 commit to perform in monthly events and/or competitions. All level students will be given a mentor with whom they can address their concerns and needs, are provided tutoring sessions, are encouraged to continue their education beyond high school, and become active within the community by doing community service. Mentoring/Study sessions for all students will be Mondays and Wednesdays from 5:30-6:30 pm. Instructors: Roslyn English & Chadorea Mack. No class 11/11, 11/25, 11/26.

INTRODUCTION: (No previous experience)

Activity #412720AA (Ages 5-8) \$10/Res; \$15/Non-Res
9/10-10/1 Thu 6:15-7:15 pm Foster

Activity #412720BB (Ages 9-14) \$10/Res; \$15/Non-Res
9/10-10/1 Thu 7:30-8:30 pm Foster

Activity #112720A (Ages 5-8) \$25/Res; \$30/Non-Res
10/8-12/17 Thu 6:15-7:15 pm Foster

Activity #112720B (Ages 9-14) \$25/Res; \$30/Non-Res
10/8-12/17 Thu 7:30-8:30 pm Foster

LEVEL 2/3: (Instructor Recommendation)

Activity #412720DD (Ages 5-14) \$15/Res; \$20/Non-Res
9/9-9/30 Wed 6-8:30 pm Foster

Activity #112720D (Ages 5-14) \$50/Res; \$55/Non-Res
10/5-12/16 Mon & Wed 6:30-8:30 pm Foster

S.T.A.R.S. DANCE CO. (Audition Only)

Activity #412720FF (Ages 5-14) \$15/Res; \$20/Non-Res
9/9-9/30 Wed & Thu 4:30-6 pm Foster

Activity #112720F (Ages 5-14) \$20/Res; \$25/Non-Res
10/8-12/17 Thu 4:30-6 pm Foster

MEXICAN DANCE - LEVEL I/LEVEL II (Ages 6-Adults)

Students will learn traditional folklorico dances. Level I is for the very beginning student and includes costuming, footwork, and cultural enjoyment. Level II is a continuation of Level I and requires instructor recommendation. Instructors: Alicia Guevara Quintero and Anna Ortega. 7 sessions.

LEVEL I (Beginning):

Activity #112706A (Ages 6-12) \$14/Res; \$19/Non-Res
10/3-11/14 Sat 10:30-11:30 am Foster

LEVEL II (Continuation/Experienced):

Activity #112706B (Ages 8-12) \$14/Res; \$19/Non-Res
10/3-11/14 Sat 11:30 am-12:30 pm Foster

Activity #112706C (Ages 13-17) \$14/Res; \$19/Non-Res
10/3-11/14 Sat 12:30-1:30 pm Foster

Activity #112706D (Adults) \$14/Res; \$21/Non-Res
10/3-11/14 Sat 12:30-1:30 pm Foster

BEGINNING BELLY DANCE FOR TEENS (Ages 12-17)

A Middle Eastern dance class designed with your teen in mind. We will introduce basic movements, veil work & a short dance/choreography. Folk dances such as Debke (Lebanese) & Sertos (Greek) will be covered. Instructor: Garnett Kepler. 8 sessions.

Activity #112713A \$30/Res; \$35/Non-Res
9/28-11/16 Mon 5:30-6:20 pm

BEGINNING TAP (Adult)

Adult Tap is an innovative tap dance class involving basic tap steps/combinations with traditional dance moves. Choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 8 sessions.

Activity #112517A \$25/Res; \$37/Non-Res
10/6-11/24 Tue 8-8:40 pm Foster

BEGINNING BALLROOM DANCE (Adults)

This class is designed for beginners or as a refresher course. Dances taught will include the Jitterbug, Cha-Cha, Foxtrot and Waltz. Register as couples only! Instructor: Garnett Kepler. 8 sessions.

Activity #112500A \$30/Res Cpl; \$45/Non-Res Cpl
10/1-11/19 Thu 6:30-7:30 pm Foster

BEGINNING BELLY DANCE LEVEL I (Adults)

Basic techniques, movement and isolation. Instructor: Garnett Kepler. 8 sessions.

Activity #112501A \$30/Res; \$45/Non-Res
9/28-11/16 Mon 6:30-7:30 pm Foster

Activity #112501B \$30/Res; \$45/Non-Res
9/29-11/17 Tue 7:40-8:40 pm Foster

DANCE

BEGINNING BELLY DANCE LEVEL II (Ages 16-Adult)

This class is for students that have completed the Beginning Level I and is a preparatory class for Intermediate Level. Instructor: Garnett Kepler. 8 sessions.

Activity #112526A (Adults)	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 5:20-6:20 pm	Foster
Activity #112526B (Ages 16-18)	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 5:20-6:20 pm	Foster

INTERMEDIATE BELLY DANCE (Adults)

Designed for those who have had a beginner class or previous experience. Instructor: Garnett Kepler. 8 sessions.

Activity #112502A	\$30/Res; \$45/Non-Res
9/28-11/16 Mon 7:40-8:40 pm	Foster
Activity #112502B	\$30/Res; \$45/Non-Res
9/29-11/17 Tue 6:30-7:30 pm	Foster

MASTER BELLY DANCE (Adults)

Designed for those who have mastered the beginning and intermediate levels. Instructor: Garnett Kepler. 8 sessions. No class 11/11, 11/25.

Activity #112503A	\$30/Res; \$45/Non-Res
9/30-12/2 Wed 5:30-6:20 pm	Foster

BURLESQUE (Adults)

Jazz and Belly Dance styles combines; danced to American music. Two routines will be taught: a selection from "Gorillaz" will utilize a feather boa, and the second routine you will need a man's tie and oversized dress shirt. Instructor: Garnett Kepler. 8 sessions.

Activity #112525A	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 7:40-8:40 pm	Foster
Activity #112525B	\$30/Res; \$45/Non-Res
9/29-11/17 Tue 5:20-6:20 pm	Foster

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. No class 11/26.

Activity #150300A	\$48/Res; \$72/Non-Res
10/6-11/24 Tue 6-7 pm	Southside (Hill)
Activity #150300B	\$48/Res; \$72/Non-Res
10/8-12/3 Thu 6-7 pm	Southside (Hill)
Activity #150300C	\$60/Res; \$90/Non-Res
10/6-12/3 Tue/Thu 6-7 pm	Southside (Hill)

NIA DANCE (Adults)

A Neuromuscular Integrative Action! A dance program using physical activity to bring together the mind with the body. This cardio program uses whole body, expressive movement to achieve fitness and wellness. Expressive movements leading to a mind and body blending that can help in bringing about fitness and wellness. 8 sessions. Instructor: Corean Gray.

Activity #114090A	\$48/Res; \$72/Non-Res
10/3-10/21 Sat 3-4 pm	Letts

BASIC HUSTLE 101 (Adults)

In this class you will learn the basic steps to get you started hustle dancing. No experience or partners are needed; we will show you everything you need to know. At the door prices are \$3 for City of Lansing residents and \$4.5 for non residents (pictured ID will be required). Instructor: Anita Civils. 10 Sessions.

Activity #114111A	\$30/Res; \$45/Non-Res
10/6-12/8 Tue 6-7:30 pm	Letts

URBAN LINE DANCE (Adult)

Learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$4 for City of Lansing residents and \$6 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. No class 11/11

Activity #113370A	\$15/Res; \$22/Non-Res
9/2-9/30 Wed 6:30-8 pm	Gier
Activity #113370B	\$18/Res; \$27/Non-Res
10/7-11/18 Wed 6:30-8 pm	Gier
Activity #113370C	\$12/Res; \$18/Non-Res
12/2-12/23 Wed 6:30-8 pm	Gier

PRIVATE BALLROOM DANCE LESSONS (Adult)

Lessons will be comprised of requests from Urban and Ballroom dance classes. Class size is limited to two couples. Instructor: Sterling Armstrong. 4 sessions. No class 11/26.

Activity #113373A	\$40/Res Cpl; \$60/Non-Res Cpl
9/3-9/24 Thu 7:30-8:45 pm	Gier
Activity #113373B	\$40/Res Cpl; \$60/Non-Res Cpl
10/8-10/29 Thu 7:30-8:45 pm	Gier
Activity #113373C	\$40/Res Cpl; \$60/Non-Res Cpl
11/12-12/10 Thu 7:30-8:45 pm	Gier

WEDDING DANCE MOVES (Adult)

The bride and groom, along with their wedding party, can learn an easy, unique line dance routine for their special day. 4 sessions. Instructor: Sterling Armstrong.

Activity #113372A	\$40/Res; \$60/Non-Res
9/3-9/24 Thu 6-7:15 pm	Gier
Activity #113372A	\$40/Res; \$60/Non-Res
10/8-10/29 Thu 6-7:15 pm	Gier
Activity #113372A	\$40/Res; \$60/Non-Res
11/12-12/10 Thu 6-7:15 pm	Gier



LATIN DANCE - BEGINNER (Adults)

Learn Salsa, Merengue, Bachata and more in this course will teach the basic steps of each dance and how to move your body to these popular Latin rhythms. Latin music appeals to people of all ages and it's becoming more popular at weddings, vacation cruises and clubs and it is such a fun way to exercise! Partners are not required (but helpful). Comfortable shoes (which can easily slide) and loose clothing are recommended. Participants will also get information on current Latin clubs available in the area where they can practice on weekends. Instructor: Angela Rojas-Dedenbach.

Activity #116300A	\$40/Res; \$60/Non-Res
10/1-11/19 Thu 7:15-8:15 pm	Southside (Hill)



Patsy Watson's School of Dance

Located in the Logan Square ShoppingCenter at the corner of Holmes and Martin Luther King Blvd.

YOUTH AND ADULT CLASSES
Monday through Saturday
Ballet, Tap, Jazz, Hip Hop, Gymnastics,
Acrobatics and Ballroom

On-going registration is accepted

Tuition is paid on a monthly basis and starts at \$19 a month.

YOU MUST BRING THIS AD from the Lansing Parks and Recreation Community Activities Guide to receive the special discounts.
NEW STUDENTS ONLY.

Register at Patsy Watson's School of Dance - 882-6871 or visit www.patsywatson.com

FIRE LINE - DO NOT CROSS



Lansing's Fire Prevention Open House

Mayor Virg Bernero

Saturday, October 3rd, 2009

10:00 AM to 2:00 PM

Fire Station #8
(815 Marshall Street)

-  **Fire Prevention and Arson Awareness**
-  **Learn how to keep your family safe**
-  **Various rescue demonstrations**
-  **Fire hose target practice**
-  **Fire extinguisher demonstrations**
-  **Board of Water and Light electrical safety**
-  **Emergency preparedness**

STAY FIRE SMART

DON'T GET BURNED!!!

Food and Drinks Provided – Door Prizes

For more information call 483-4200



FIRE LINE - DO NOT CROSS

PARKS & RECREATION

The Benefits Are Endless...

- Be Happier
- Build Family Unity
- Feel Great
- Meet Friends
- Conquer Boredom
- Build Self-Esteem
- Eliminate Loneliness
- Increase Community Pride
- Promote Sensitivity to Cultural Diversity
- Educate Children and Adults
- Build Strong Bodies
- Offer Place for Social Interaction
- Reduce Crime
- Increase Tourism
- Reduce Stress
- Diminish Chance of Disease
- Create Memories
- Protect the Environment
- Look Better
- Provide Safe Places to Play...



Activities are subject to change due to circumstances beyond our control.

Please contact the Parks and Recreation Department at 483-4277 or check the website for updates at www.lansingmi.gov/parks

EQUIPMENT RENTALS

RECREATION EQUIPMENT RENTAL

A variety of recreation equipment is available for your picnic, reunion, birthday party or other special event. Reservation fee is due at time of reservation. The renter will be liable to cover the cost of lost or damaged equipment.

EQUIPMENT	DAILY	WEEKEND
Picnic Pack (volleyball, kickball, foam flyers, mini hurdles, jump ropes, Velcro catch mitts, foam pizzas— <i>pack may vary slightly</i>)	\$10	\$15
Tug-O-War Rope	\$10	\$15
Sports Bag (softball, basketball, Football, soccer ball, volleyball, Playground ball, dodgeball)	\$10	\$15
Party Pack (games booklet, Spongeballs, cones, parachute, Rubber animals)	\$10	\$15



CARNIVAL GAMES RENTAL

We have a variety of carnival games available for rent ranging from \$5 - \$10/day. Call 483-6019 for a list of games and prices.

INFLATABLE RENTALS

Park staff will deliver, set up, run and take down the inflatable for you. Site must be flat, grassy area – no cement or asphalt, within a half hour drive of Lansing. Lansing Parks and Recreation reserves the right to determine or reject set-up site. Inflatable must be located within 100 feet of two 20 amp, 110 volt outlets (2 outlets on different circuits). Call 517-483-4293 to check availability and to reserve either inflatable.



Obstacle Course

This inflatable is a 56-foot obstacle course! Two people race through a tunnel, weave and dive through obstacles, then climb a rock wall and finish with a slide. This inflatable is 56'L x 12'W x 16'H

	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$250	\$375
Additional Hours	\$75/each	\$100/each

Climbing Wall

This inflatable is a 28-foot tall climbing wall! Complete with harnesses and climbing holds, this is a great wall to climb. Two people can climb at one time.

	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$350	\$525
Additional Hours	\$100/each	\$150/each

Moonwalk

This Sports Themed inflatable has a bouncing area, a climbing challenge and a slide! The moonwalk is 16'x20'x12'.

	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$150	\$225
Additional Hours	\$50/each	\$75/each
<i>Non-staff option for the Moonwalk! Got a truck? Come pick the moonwalk up!</i>		
	6-8 hours of use	24 hour use
Res	\$175	\$225
Non-Res	\$260	\$340

Proud to Support
Neighborhood Concerts in the Park



Proud to Support
Neighborhood Concerts in the Park



FENNER NATURE CENTER

Welcome to Fenner Nature Center – Celebrating our 50th year in 2009 providing nature education and recreation in Lansing.



Fenner Nature Center, with a Visitor Center and approximately four miles of trails through the 130 acres, are open daily throughout the year from 8 a.m. to dusk. There are also two paved trail loops for a total of ½ mile of easy walking.

Inside the Visitor Center observe the activity at the window feeders, check out the exhibits of local plants and animals, read natural history books in the library, or browse the many wonderful items in the Friends of Fenner Gift Shop. (The Gift Shop is open Saturday and Sunday during building hours – other times by arrangement).

No pets, bikes or alcohol, please.

Visitor Center Hours

**Tuesday thru Saturday,
10 am-4 pm**

Sunday, 12 noon-4 pm

(Nov - March Sat & Sun 12-4 pm)

Thanksgiving -

Closed November 26-29

Christmas and New Years -

Closed December 24-January 4

Easter -

Closed Friday through Monday

Trails are open daily from 8 am to dusk. Two trail loops, each in excess of 1/4 mile, are paved for easy walking.

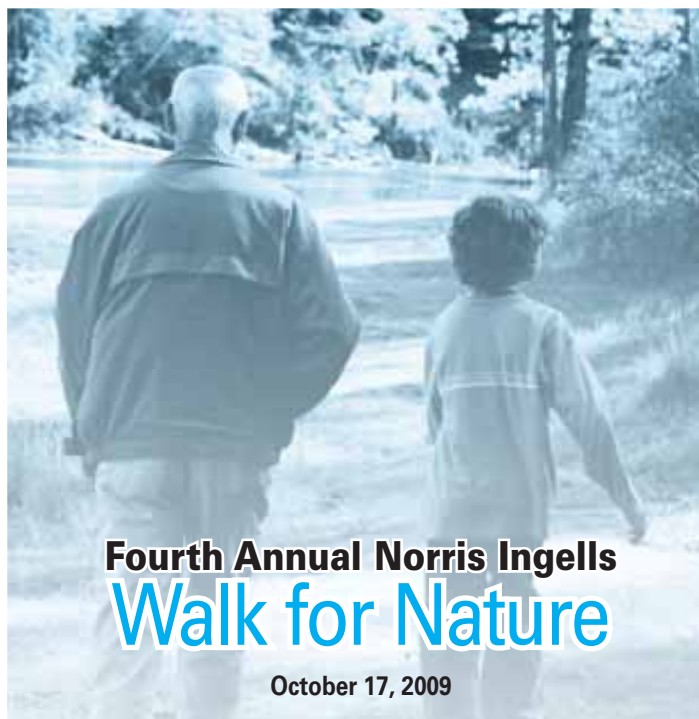
Apple Butter Festival

**Saturday & Sunday, October 17 & 18, 2009
11 am - 4 pm**

FREE ADMISSION

Treat yourself to some old-fashioned family fun this fall. Help to stir the large copper kettle of apple butter, crank the cider press, and observe heritage craftspeople demonstrating their skills, (weaving, quilting, lace-making, etc). Taste fresh varieties of apples and there is always fresh apple butter and cider to take home as well as homemade baked goods. Don't forget to stop by the Friends of Fenner Gift Shop to browse through their unique selection of nature items.

Co-Sponsored by the Friends of Fenner Nature Center and Lansing Parks and Recreation Dept.



Fourth Annual Norris Ingells Walk for Nature

October 17, 2009

Friends of Fenner Nature Center (FOFNC) invite you to participate in the Norris Ingells Walk for Nature fund-raiser for youth education at Fenner Nature Center. The trail walk will spotlight the beautiful natural areas of the park. Begin your walk at 10:00 a.m. with a choice of a 3/4 mile accessible loop or longer trail of approximately 2 miles.

Check the Friends of Fenner website for pre-registration information. Registration on October 17 begins at 9 a.m. Everyone will receive a T-shirt imprinted with a nature photo by Norris Ingells. Extra shirts will be available after the walk, but there may not be a complete selection of sizes.

All registrations will be entered in a drawing for prizes which will take place immediately after the walk. Bring your camera along for some great photo opportunities. We hope you will stay and enjoy all the fun at the FREE Apple Butter Festival starting at 11:00 a.m.

Check the FOFNC website at www.fofnc.org for more information about FOFNC and the Walk, or call Fenner Nature Center at 517-483-4224. Updates about the walk will be posted as they become available.

FENNER NATURE CENTER

LIVE AT FENNER NATURE CENTER

Call 483-4224 - Fenner Nature Center for information. Register at the door, which will open a half hour before the show. Seating is limited.

FEES:

\$5/per person; \$15/ per family

For FOFNC members:

\$4/per person; \$12/per family

SEE BIRDS OF PREY

Saturday, September 12

1:30-2:30 pm for families with young kids

3-4 pm for families with older kids

Joe Rogers from Wildlife Recovery Association (WRA) will bring live raptors to Fenner. WRA is one of the oldest organizations in Michigan that cares for injured and orphaned wildlife. It specializes in rehabilitation of birds of prey such as eagles, owls, and hawks. Joe Rogers gives hundreds of presentations each year to schools and special interest groups of sell-out crowds all over Michigan. His presentation will feature live birds of prey that have been injured in such a way that they can never survive in the wild.

SEE BATS OF THE WORLD

Sunday, November 1

1:30-2:30 pm for families with young kids

3-4 pm for families with older kids

Bats common in Michigan are insectivorous, catching small flying insects, by echolocation. Some bats consume up to one-half their weight of insects in a night. The Organization for Bat Conservation at the Cranbrook Institute of Science will arrive at Fenner Nature Center with big and little bats from all over the world. Meet their bat-man. Wear your costume, stop in at our gift shop and receive a coupon towards a purchase. A prize will be awarded to the battiest guest.

SEE BUGS OF THE WORLD

Sunday, December 6 at 1 pm

Did you know that cricket's ears are on its knees? Or that a fly has taste buds on its feet? The MSU Bug House will be bringing both live and pinned specimens.

NATURE EXPLORATIONS

(Ages 4 and 5)

Children have a fun time hiking the trails decked in fall colors, listening to stories and creating crafts. Each week has a different nature theme. For children who are not yet in kindergarten. No class 10/14.

Activity #137500A	\$35/Res; \$40/Non-Res	
9/30-10/28 Wed	9:15-11:15 am	Fenner

NATURE TREK FOR TODDLERS -

(Ages 2-3 with adult)

Come with your toddler and have fun in a natural setting. This program incorporates the out of doors and your child's use of his/her senses and natural curiosity. Every week has different activities and a walk outside. No class 10/19.

Activity #137510A	\$25/Res; \$30/Non-Res	
10/5-11/9 Mon	9-10 am	Fenner

Activity #137510B	\$25/Res; \$30/Non-Res	
10/5-11/9 Mon	10:30-11:30 am	Fenner

Nature Education Programs

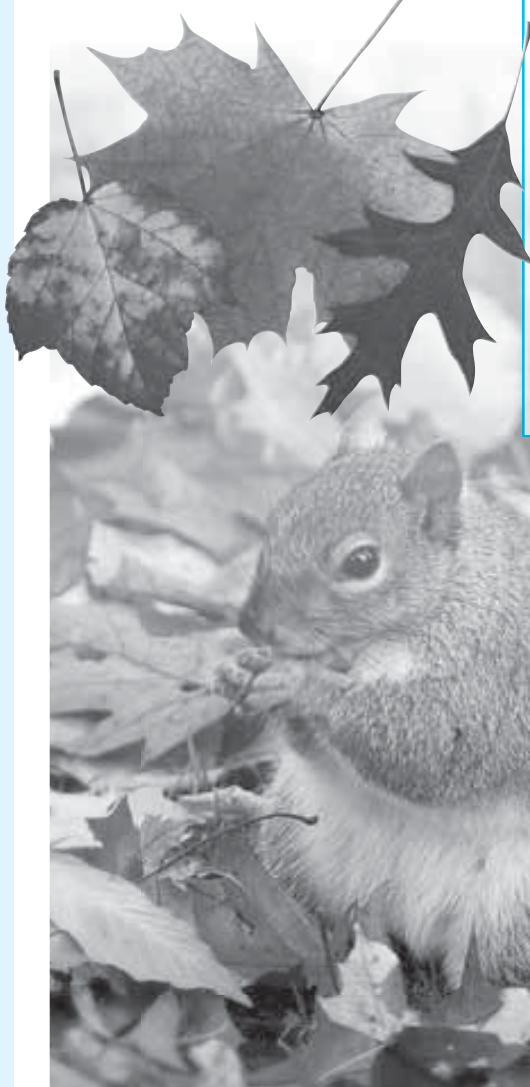
Schools, preschools, and other groups of all ages may schedule guided tours on a variety of topics from September through early June. Our youth programs were designed to include science and some social studies curriculum objectives of the state and local school districts. We have separate brochures for elementary school classrooms, preschools, and also home school programs.

Birthday Parties for Children - Ages 4 and older

We host 2 hour birthday parties for children in the nature center. A staff naturalist will engage the children in a fun and educational program (about 1 hour) while the adults set up birthday food and decorations in the activity room. Call us for more information and reservations.

Scouts - General Tours and Badge Requirements

Are you looking for help with some of your outdoor badges/patches? Fenner Nature Center is the perfect place to bring your scout troop for nature walks or to fulfill their requirements. We can work with Daisy, Brownie, Junior and Cadette Girl Scouts, Cub Scouts and Webelos. Plan to spend part of each session outdoors. Call Fenner to request additional information.



GENERAL INTEREST

TOT TIME (Ages 5 & under)

Open time for parents and daycare providers to bring pre-school age children to our gym to play. There is plenty of open space, balls, baskets, scooters, and more to play with. Adults must accompany child.

\$1/per child at the door				
10/5-12/15	Mon & Tue	10:30 am-12 pm		Foster
\$1/per child at the door				
10/6-12/17	Tue & Thu	10-11:30 am		Letts
\$1/per child at the door				
10/2-12/18	Wed & Fri	10-11:30 am		Gier

BIRTHDAY PARTIES (Ages 4 & Up)

Are you looking for a unique birthday experience for your child? If so, plan your party at Gier Center and let our staff entertain your child and friends. We will provide age appropriate, supervised games in the gym and game room. Party rentals are \$50 for two hours, with ten children maximum, \$2 each additional child. For more information, please call 483-4313.

PJ PARTIES (Ages 3-12)

Spend an evening creating crafts, playing games, enjoying a snack and watching a movie; all themed around your favorite characters! Wear your PJ's, bring a pillow and a blanket, and have a fun night out! Instructor: Laura Tune.



Dora the Explorer (Ages 3-5)

Activity #112810A				\$7/child
10-9	Fri	6:30-8 pm		Foster

Blues Clues (Ages 3-5)

Activity #112810B				\$7/child
11/6	Fri	6:30-8 pm		Foster

Hannah Montana (Age 8-12)

Activity #112810C				\$7/child
11/13	Fri	6:30-8 pm		Foster

SONGWRITING FOR CHILDREN (Ages 8-12)



Children are natural songwriters, and these fun and involving workshops are designed to help them embrace and express their creativity. Educator and singer/songwriter Ben Hassenger (of Mystic Shake, Blue Jello) will lead the class through group song writing projects which will help foster their understanding of basic melody, harmony and rhythm aspects of music, learn about rhyming, metaphor and other creative writing skills and encourage expression of their feelings and thoughts as well as nurture teamwork and collaboration skills. \$5 materials fee payable to instructor at first class. Instructor: Ben Hassenger. No class 11/4.

Activity #116330A				\$42/Res; \$47/Non-Res
10/7-11/18	Wed	6:45-7:45 pm	Southside (Hill)	



Structured classes conveniently

SURREALISM ART CLASSES (Ages 9-18)

"Our heads are round so that our thoughts can fly in any direction".....Francis Picabia

Learn about the lives and work of some of our most inspiring and influential artists in fun classes about the Surrealist Movement. Recommended Age for each class is 9-14, but open to all ages. Additional adult volunteers would be warmly welcomed. The materials fee is payable to instructor at class. Instructor: Jozefa Rogocki.

PAINTING: Materials fee \$6

'Cloudy with a chance of...bowler hats, pigs or spoons...' Painting the unexpected and bizarre.

Activity #112750A				\$5/Res; \$10/Non-Res
10/13	Tue	1:30-3:30 pm		Foster

PHOTOGRAPHY: Materials fee \$4

Using found objects and fabrics we will create fantasy landscapes and take photographs. You will need your own digital camera.

Activity #112750B				\$5/Res; \$10/Non-Res
10/27	Tue	1:30-3:30 pm		Foster

COLLAGES: Materials fee \$5

'Your nose looks like a zucchini and your ears are flowers....' We will make portraits collaged with images and words.

Activity #112750C				\$5/Res; \$10/Non-Res
11/10	Tue	1:30-3:30 pm		Foster

SCULPTURES: Materials fee \$8

Inspired by Meret Oppenheim's fur covered cup and saucer we will create our own unexpected sculptures.

Activity #112750D				\$5/Res; \$10/Non-Res
11/24	Tue	1:30-3:30 pm		Foster

THE ART AND HISTORY OF PHOTOGRAPHY 1 (Ages 9-12)

Students will learn artistic techniques and compositions of photography. They will also learn a brief history of photography and participate in exploring different photographic techniques. Students will have hands on training on how to work their camera and find interesting subject matter. Students should bring a camera to each class with fully charged batteries. Digital cameras only. Instructor: Autumn McPherson. 4 sessions.

Activity #112751A				\$40/Res; \$45/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	11am-12 pm		Foster

JR. BUILDERS (Ages 9-12)

Each week students will have a chance to explore a variety of building activities. Some activities will be for use in the classroom while others the students will have the opportunity to take home. Instructor: Beth Ambrose. 4 sessions. \$3 material fee.

Activity #112752A				\$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	11am-12 pm		Foster

EXPLORING MATH THROUGH PUZZLES (Ages 10-13)

Each week we will make one or two mind bending puzzles using a variety of materials. Instructor: Beth Ambrose. 4 sessions. \$3 material fee.

Activity #112753A				\$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	1:30-2:30 pm		Foster

CREATIVE CHALLENGES I AND II (Ages 9-18)

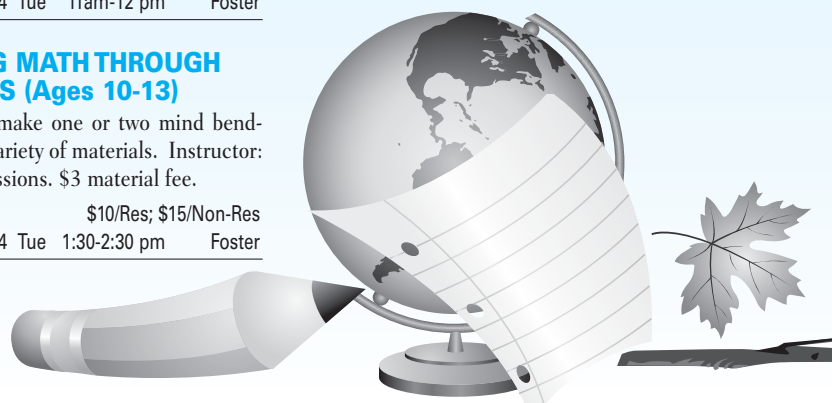
Each week the students will work in teams or small groups to design and develop problem-solving experiments. Instructor: Beth Ambrose. 4 sessions. \$3 material fee.

Activity #112754A (Ages 9-12)				\$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	12:30-1:30 pm		Foster
Activity #112754B (Ages 13-18)				\$20/Res; \$25/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	10-11 am		Foster

EXPLORING GEOGRAPHY: MEXICO (Ages 9-12)

This class will explore the fascinating country of Mexico. Children will learn about the history, culture, geographical features, language and people of Mexico by doing a variety of creative and fun activities. There is a \$3 materials fee due on the first day of class. Instructor: Patti Vogel. 4 sessions.

Activity #112755A				\$12/Res; \$17/Non-Res
10/13, 10/27, 11/10, 11/24	Tue	9:30-11 am		Foster



GENERAL INTEREST

INSTANT GUITAR FOR HOPELESSLY BUSY ADULTS AND TEENS (Ages 13+)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For more information go to instantguitarnow.com. Materials fee of \$29 will be collected in class by the instructor for workbook and practice DVD. Instructor: Jacus. 1 session.

Activity #114561A (Ages 13-17) \$30/Res; \$45/Non-Res
11/11 Wed 6:30-8:45 pm Letts

Activity #114561A (Adults) \$30/Res; \$45/Non-Res
11/11 Wed 6:30-8:45 pm Letts



BEGINNING "SMARTSTART" GUITAR (Ages 8 - 12)

If you have wanted to learn to play the guitar but found it too difficult and frustrating, this class is for you! The "SmartStart" method used a modified tuning method that allows you to pick up a guitar and find your way around it with ease. With just a few simple finger positions (chords), you can play many different songs and sing along. You can play in the "SmartStart G Tuning" for as long as you like or make a smooth transition to standard tuning when you feel comfortable playing your instrument. Students must provide their own guitar; the Hal Leonard "Smart Start Guitar Songbook" is highly recommended. \$15 materials fee (includes book) is payable to instructor at first class. Instructor: Ben Hassenger. No class 11/4.

Activity #116331A \$42/Res; \$47/Non-Res
10/7-11/18 Wed 5:30-6:30 pm Southside (Hill)

Foster Youth Advisory Board

Foster is seeking youth ages 13-17 to serve on the Foster Youth Advisory Board. This board plays an important role here at Foster Center, giving input on programs, fundraising for special events, participating in community service projects and more. This group meets second Wednesday of each month at 5:30 pm. Join us September 9th for our first meeting of the school year, there will be pizza, games and more!

y scheduled to accommodate home school students!!



BOOK GROUP: "THE KING'S FIFTH" BY SCOTT O'DELL (Ages 9-12)

"The King's Fifth" is a historical novel about a 17-year-old map-maker on a 16th century Spanish expedition to the New World. It's an exciting read, and we'll discuss the historical contexts and the moral dilemmas of the novel as well as learning a little about how to read a novel critically. Kids 10 and under please contact instructor prior to enrolling. Read to the beginning of Chapter 10 (p. 77) for our first session. Paperback copies of the book cost \$6.95 new; used copies are readily available, and CADL has two copies. Instructor: Su Penn. 4 sessions.

Activity #112756A \$12/Res; \$17/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 10-11 am Foster

BOOK GROUP: TAKING HUMOR SERIOUSLY (Ages 13-18)

This term, we will spend our weeks together reading a humorous novel and discussing humor's role in literature. Why is the clown so often the only one who can tell the truth? What might the humor in a story be hiding? Why is making a joke risky? Why is funny writing so often looked down on? Students will have the option to write a short piece of literary criticism with the instructor's help. Book TBA. Instructor: Su Penn. 4 sessions.

Activity #112757A \$12/Res; \$17/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 12:30-1:30 pm Foster

WORLD RELIGIONS (Ages 12-18)

Read, Learn, Understand, Know, Explore...the Truths of many world religions, together. Participant will need to buy a class book. Instructor: Chetna Desai. 4 sessions. Fee TBA

Activity #112758A \$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 10-11 am Foster

SOCRATES TEENS (Ages 12-18)

Learn Socratic dialog (it's easy) and explore serious, whimsical or everyday philosophical questions in a friendly and open way. Come ready to challenge assumptions, think deeply, and have fun. Questions for discussion are generated by the participants. Instructor: Stephanie Charlot. 4 sessions.

Activity #112759A \$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 11 am-12 pm Foster

YOU CAN MAKE A MOVIE! (Ages 13-18)

Find out what goes on behind the scenes, and the steps involved in making your own short digital movie. In this class we will cover many aspects of filmmaking, including screen writing, directing, editing, and how to fund a low-budget independent film. We will work together to make a short film that will be posted on Youtube. Instructor: Rachel Miller. 4 sessions.

Activity #112760A \$30/Res; \$35/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 11 am-12 pm Foster

THE TEACHER IS A PET CLUB (Ages 9-12)

Each student will plan an experiment or observation involving their pet. They will research two topics of their choice about their pet, and create a presentation or display sharing their discoveries. One of the topics will need to be science related, and the other topic will be in a subject chosen by the child (such as history, math, geography, art or music). Children will need to spend some time at home preparing for club meetings. We may be able to put on a lunch time show of our projects, and to arrange a day in a park to meet each other's pets. There is a \$3 materials fee due on the first day of class. Instructor: Patty VanLuyen. 4 sessions.

Activity #112761A \$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 12:30-1:30 pm Foster

STRATEGY GAMES FOR TEENS (Ages 12-18)

Is your home schooled teen looking for an opportunity to hang out with other teens? Join the Strategy Games Club. Strategy Games are complex, board-based games that require thought (and time). Classic examples include Axis & Allies and Settlers of Catan, plus many historical games. (NO horror games allowed). Settlers of Catan will be available. Bring your Strategy Games if you have them. Instructor: Anet McPherson. 4 sessions.

Activity #112762A \$10/Res; \$15/Non-Res
10/13, 10/27, 11/10, 11/24 Tue 12:30-1:30 pm Foster

GENERAL INTEREST

CREATIVE DRAMA (Ages 5-8)

This workshop will combine elements of storytelling and traditional theater games and is specifically designed for the younger child. Boarshead teaching artists and the kids will work together in the art of creative and imaginative fun. Parents/guardians encouraged to participate. The last session will be a shared presentation of our work. Limited enrollment - advance registration is required. Instructors: Boarshead Theater staff. 5 sessions.

Activity #112707A	\$5/Res; \$10/Non-Res
10/13-11/10 Tue	4:30-5:30 pm Foster



CREATE-A-MOVE STORYTELLING (Ages 4-5)

Through storytelling, movement and music, children will develop their creativity, self esteem and social skills. Hands-on activities will be explored. 6 weeks. Instructor: Doris Soliz-Hill.

Activity #116200A	\$36/Res; \$41/Non-Res
9/30-11/4 Wed	10-11am Southside (Hill)

HORSE RIDING - NO BITS ABOUT IT (Ages 5-Adult)

Do you want to know if riding a horse is for you or thought about riding lessons? Take a tethered ride on one of our experienced school horses, learn a few basic horsemanship skills as well as interact with our famous miniature horses. Helmets are provided. Space is very limited. This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt.

Activity #113934A (Ages 5-17)	\$45/Res; \$50/Non-Res
10/17 Sat	1-3 pm Sierra Rose Farms
Activity# 113934AA (Adult)	\$45/Res; \$67/Non-Res
10/17 Sat	1-3 pm Sierra Rose Farms
Activity #113934B (Ages 5-17)	\$45/Res; \$50/Non-Res
11/14 Sat	1-3 pm Sierra Rose Farms
Activity# 113934BB (Adult)	\$45/Res; \$67/Non-Res
11/14 Sat	1-3 pm Sierra Rose Farms

FROLIC WITH THE FOALS (Ages 7-14)

This special Saturday program gives kids the chance to learn about and work with our miniature baby horses. Includes a snack, lunch and a wonderful time! Drop off time is 8:45 a.m. and pick-up time is 3:45-4 p.m. sharp. This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt.

Activity #113942A	\$80/Res; \$85/Non-Res
9/26 Sat	9 am-4 pm Sierra Rose Farms

ME, A KID AND A MINI HORSE (Ages 3-7 and Parent)

Child and parent will enjoy time together playing with a miniature horse that is assigned to them and go through a special program touching on the many aspects of owning, loving and playing with our wonderful minis. This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt. *** Fee is for one child and one parent. ***

Activity #113935A	\$40/Res; \$45/Non-Res
Activity #113935AA (additional child)**	
10/24 Sat	1-3 pm Sierra Rose Farms
** Each add'l child \$20/Res; \$25/Non-Res	



FALL AT THE FARM (All Ages)

The perfect family event! Play with our miniature horses, have roasted marshmallows at a bonfire and go for a hay ride! All children must be accompanied by adult. Please arrive by 5:30 pm for check in. This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt.

Activity# 113933A (Ages 5-17)	\$10/Res; \$15/Non-Res
10/24 Sat	5:45-7:15 pm Sierra Rose Farms
Activity# 113933AA (Adult)	\$10/Res; \$15/Non-Res
10/24 Sat	5:45-7:15 pm Sierra Rose Farms

TEEN PARTY PACKAGE (Ages 13-16)

Package provides 2 hours of activities in the gym, game room, punch and cups, clean-up and party host. Parties limited to 10 youth. Cost is \$60. Please contact Gier Center at 483-4313 to make your reservation.

MASSAGE THERAPY (Adults)

Learn basic massage techniques that can be used to relieve everyday stress and tension. This class will also cover some reflexology, aroma therapy, self shiatsu and more. No experience necessary. Please bring two blankets and pillows to class. Dress in shorts and loose fitting shirt or tank top. Instructor: Lindsay Shinn.

Activity #113345A	\$15/Res; \$22/Non-Res
11/7 Sat	1-2:30 pm Gier
Activity #113345B	\$20/Res Cpl; \$30/Non-Res Cpl
11/7 Sat	1-2:30 pm Gier
Activity #113345C	\$15/Res; \$22/Non-Res
11/14 Sat	1-2:30 pm Gier
Activity #113345D	\$20/Res Cpl; \$30/Non-Res Cpl
11/14 Sat	1-2:30 pm Gier



BAD DOG TO GOOD DOG TRAINING (Adults)

This beginner training and problem-solving class will start your dog on basic manners and self-control. We will use treats and timing to substitute the good behaviors you want, such as Attention, Sit, Come, and Leash work, to bring the dog back from problem behaviors such as jumping up, barking, running away and leash pulling. Bring your dog with you all four weeks on a 6-foot leash; bring proof of rabies vaccination and shots to first class. Instructor: Sally Holiday. 4 sessions.

Activity #112509A	\$50/Res; \$75/Non-Res
10/5-10/26 Mon	5:45-6:45 pm Foster
Activity #112509B	\$50/Res; \$75/Non-Res
11/2-11/23 Mon	5:45-6:45 pm Foster

LEARN TO BE A MYSTERY SHOPPER (Adults)

Imagine getting paid to shop, dine and travel! Believe it or not it is possible! Mystery Shopping is growing in popularity and is perfect for anyone who would like to supplement their current income and have fun doing it. Learn what mystery shopping, merchandising, auditing and exit interviews are, what skills are required to become a shopper, how to apply to mystery shopping companies, how to secure assignments, and how to fill out reports. 1 day workshop. Instructor: Ronda Ackerson.

Activity #150180A	\$16/Res; \$24/Non-Res
10/15 Thu	6:30-8 pm Southside (Hill)
Activity #150180B	\$16/Res; \$24/Non-Res
12/2 Wed	6:30-8 pm Southside (Hill)



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GENERAL INTEREST

YOU'RE ON THE AIR...HOW TO REALLY MAKE IT IN VOICE-OVER'S (Adults)

In this class you will learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over techniques in a recorded portion of the class. Heather Costa, successful voice-over artist (Playtex, Prentice Hall, ETS), will introduce students to the voice-over business as a whole, talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You will step up to the microphone to do some practice recording.

Activity #114037A \$35/Res; \$53/Non-Res
11/17 Tue 7-9 pm Letts

SIGN LANGUAGE - BEGINNING (Ages 13-Adult)

Acquire skills to communicate in sign language and finger spelling with this introduction to approximately 300 signs plus numbers and manual alphabet. Instructor: Sharon Johnson.

Activity #150620A (Ages 13-17) \$35/Res; \$40/Non-Res
Activity #150620B (Ages 18 & up) \$35/Res; \$52/Non-Res
10/1-11/19 Thu 5:30-6:30 pm Southside (Hill)



CONVERSATIONAL SPANISH AND LATIN CULTURE (Adults)

The course is designed for busy adults who have had no previous instruction in the language, or for those who wish to brush up on their basic skills. This practical and personalized approach to learning basic conversational Spanish also discusses cultural differences which can be helpful to know as we interact with native speakers. Participants will learn everyday dialogue and can develop individualized basic scripts for personal situations. Materials Fee: \$25 (Includes course workbook and worksheets) - payable to instructor on the first day of class. Instructor: Angela Rojas-Dedenbach, Bilingual Consultant, Effective Bilingual Solutions.

Activity #116600A \$40/Res; \$60/Non-Res
10/6-11/24 Tue 6-7:30pm Southside (Hill)

NEW BRIDE TO BE?

Plan your own wedding and save money! Come and meet other brides and discover that your struggles with planning your wedding are not new. It is however new to YOU. After enrolling in this course, you will have a step-by-step guide to planning a successful wedding on your own!

Activity #114531 \$35/Res; \$45/Non-Res
10/10 Sat 11am-1pm Letts

On-Line Classes

Read lessons, participate in exercises, and hold live interactive discussions with instructor and fellow students in your on line classroom. Runs for 6 weeks and is self paced. Complete the lessons at your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Be sure to include your email with registration.

Each course runs six weeks and is in an independent learning format. We accept late enrollments, for as long as two weeks into the semester. Students don't have to be available at any specific time. The classroom is open 24 hours per day.

Classes run: Tuesday, September 29 – November 12, 2009



COPING WITH FINANCIAL FEAR AND WORRY

Are the wheels starting to come off your emotions due to financial worries? Dealing with the fear of a layoff, or a sudden financial setback causes anxiety, stress, loss of sleep, lack of focus and concentration, and in extreme cases, even clinical depression. The human mind is capable of astounding accomplishments, when free of clutter and at peace. However, when the mind is preoccupied with financial fears and worries, your mental performance plummets. Fortunately, learning simple techniques can ease your suffering and help you cope. This class provides tools and insights into how to control and focus your thoughts to bring some normalcy to your life. Read lessons, participate in exercises, hold discussions with fellow students, plus receive personal coaching from the instructor.

Activity #150270K 9/29-11/12 \$75

THE SECRET TO DEALING WITH OVERLOAD

Is your brain consumed with your to do list before your feet hit the floor in the morning? Has your frenzied pace forced you to accept multitasking out of necessity? Feeling guilty about the piles you're not getting to? The frantic pace of our modern culture leaves us feeling exhausted, stressed and often overwhelmed. It doesn't have to be this way. You can live a life that is both effective and gratifying by learning how to clear away your mental clutter. This class provides powerful tools to help you find inner balance and emotional freedom, while moving ahead with certainty about what needs to be done next. Read lessons, participate in exercises, hold discussions with fellow students, plus receive personal coaching from the instructor. Runs for 6 weeks and is self-paced. Complete the lessons on your timetable. For more information visit www.gsinet.org. Be sure to include your email with registration.

Activity #150270W 9/29-11/12 \$82

HOW TO START A HOME BASED BUSINESS

Tired of working for someone else? Stop dreaming and start doing. This online class provides mentoring and step by step techniques and strategies for getting your business up and running quickly. It is all here. Topics include: Conducting market research Incorporating for under \$50 Licenses Filings Naming your business What an Independent Contractor is How to set prices How to promote your business Finding the money Banking, credit cards IRS and home office deductions Buying a franchise Finding small business resources. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration.

Activity #150270G 9/29-11/12 \$75

STARTING AN INTERNET BUSINESS

Fear being left behind the Internet explosion? Don't know how or where to start? How much richer would your life be if you operated your own business? Take the online step by step class that includes how to mentoring. Topics include: Identifying web businesses that do well — How to conduct market research on your idea — Adding shopping carts and secure shopping for free — Get your Web site online — Strategies on how to get others to pay you for advertising — How to bring traffic to your site — Winning the search engine game. No additional fee or purchases will be necessary to complete your project. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration.

Activity #150270A 9/29-11/12 \$75

TELECOMMUTING - WORKING FROM HOME

Tired of dropping your kids at daycare and fighting bumper-to-bumper traffic—only to suffer through another day in a stress-filled environment? What would happen if you learned the strategies of the 16 million telecommuters who work from home each day? Topics include: Kinds of telecommuting jobs most in demand - What pay/benefits to expect - How to identify telecommuting friendly companies - Skills you will need - Marketing yourself - How to become an insider - Spotting the scams. No instant jobs here, just solid self-promotion techniques. Read lessons, participate in exercises, and hold live interactive discussions with instructor Gary Fugere and fellow students in your on-line classroom. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration.

Activity #150270D 9/29-11/12 \$53

Special Events

Holiday

CAPITAL AREA HUMANE SOCIETY PET FAIR

Professional educators and veterinary professionals will provide no cost veterinary services such as; examinations, vaccinations, flea treatment and de-worming to cats and dogs. Our team will also set up appointments for free spay and neuter in our onsite clinic. Free dog collars, leashes, pet food and other basic pet care items will be available.

10/3	Sat	1-4 pm	Letts	Free
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FALL FAMILY CARNIVAL (All Ages)

Everyone is welcome! Carnival style games, popcorn and prizes. Enjoy an afternoon of family fun at the Fall Family Carnival! Admission is FREE. Games will range from 10 to 25 cents. For more information, please call 483-4311.

10/17	Sat	1-3 pm	Letts	Free
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INDOOR RUMMAGE SALE (Adults)

This is your opportunity to buy and sell new and used merchandise, clothing, and collectibles. Space is limited, NO furniture please. Sale areas are 9'x5' with one 8' table and two chairs. There is a two table maximum per family. ***Set up will be Friday evening before the sale from 3-8:30 p.m.***

Activity #113820A				\$12/table
11/7	Sat	9 am-3 pm	Gier	

THE CARDBOARD CLASSIC SLED CONTEST YOUTH CAMP FUNDRAISER

(Ages 7-Adult)

WLNZ is teaming up with Lansing Parks and Recreation to beat the cabin fever blues. Show your creativity and construct your sled out of cardboard, tape, glue and paint. Prizes will be awarded for "fastest sled", "best design" and "because we felt like it". All funds raised will go to help send a child to camp.

Activity #213912A				\$5/person
1/23	Sat	2-4 pm	Gier	



CLIMBING WALL BIRTHDAY PARTY

(Ages 6-17)

Give your child a party to remember with a climbing wall adventure. The 2 hour party will include rock climbing, game room fun and gym time. Parents provide party favors and food. Two experienced staff will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information call 483-4313.

Holiday Swims

at Southside Community Center – Hill Pool

Open swimming with a holiday twist! Join us for a festive time at the pool. Normal fees and rules will apply. Details on page four.

Halloween Swim	Sat, Oct. 31	12 – 1 pm
Turkey Swim	Sat, Nov. 21	12 – 1 pm
Swim with Santa	Fri, Dec. 11	7:45 – 8:45 pm

TEEN LIMOUSINE SCAVENGER HUNT

(Ages 13-17)

Get your friends together for a scary scavenger hunt as teams are chauffeured around the Lansing area in search of clues. Enjoy an after party with great food, a costume contest and a DJ. Registration deadline is Monday, October 19. Teams need to bring a digital camera to take pictures of the clues.

Activity #113880A	10/23	Fri	6-10 pm	City of Lansing and Gier	\$25/person
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CANDYLAND TRAIL

Come participate in this Halloween tradition and meet the characters from your favorite board game – CandyLand! This trail is designed for our young ghouls. The characters will talk with our little visitors and hand out sweet treats!

10/24	Sat	1-4pm	Fenner	Friendly Trail	\$5/child
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NEW HALLOWEEN WITH THE HORSES

(All Ages)

Have the kids come and spend time with the minis, go "Stall -O-Treating", play games, have their face painted, go for a hay ride, and have a blast! Also, on a first come, first serve basis, get your new costumes here for ONLY \$5.00! (supply is limited). Get your photo "with a mini baby" which includes spending time with the mini babies and getting your picture taken with the baby of your choice for \$5. Adults free with children. This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt.

Activity #13932A	10/3	Sat	5-7 pm	Sierra Rose Farms	\$15/Res; \$20/Non-Res
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Events



THE AMAZING RACE "HALLOWEEN HUSTLE"

Howl at the moon, sharpen your wooden stakes and join us for an Amazing Race through Lansing to celebrate Halloween. Teams of 4-6 players will be asked to dress in costume, give themselves a team name and join us for a day of clues, challenges, and a few scares! Participants must be at least 10 years of age. Meal will be provided at the end of the race. Please plan ahead to drive and be active. This is a great family, or co-worker team building event.

Activity #133329A	Family Team		\$50/Team
10/30	Fri	5:30-9 pm	Francis Park Pavilion
Activity #133329B	Adult Team		\$50/Team
10/30	Fri	5:30 -9 pm	Francis Park Pavilion

TURKEY SHOOT (Ages 5-Adult)

Saturday, November 14

1:30-3:30 p.m.

Southside Community Center (Hill Gym)

Join our "fowl" shot competition for a chance to win a turkey or other prizes! This fun, family outing will also support the Greater Lansing Area Food Bank with your canned good donations. Ages 12 and under must be accompanied by an adult. Pricing is per participant; spectators are free – pay at the door. \$2 per person plus a minimum of 4 canned goods at the door.

THANKSGIVING FOOD DRIVES at Foster and Letts Community Centers

Foster Staff and Letts Staff will be accepting non-perishable food items and monetary donations during regular business hours at each Community Center. These items will be used to complete food baskets for local families. Please drop off your donations between October 1st and November 18th.



SALSA WITH SANTA

Hey Parents! Grab your kids and your dancing shoes and head out to Salsa dance with Santa!! Enjoy snacks, learn new dance steps and spend time with Santa. This will be an evening your whole family will enjoy.

Activity #133328X	12/18	Fri	6:30-8 pm	Southside (Hill)	\$5/person
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HOT CAKES FOR THE HOLIDAYS (Ages 5-12)

Breakfast is served- hot cakes, sausage and juice. Enjoy breakfast, a visit with Santa and make a holiday craft to take home. This program is sponsored by the Letts Advisory Board

Activity #114830A	12/12	Sat	10-11:30 am	Letts	\$2/per person at the door
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CALL FROM SANTA (Ages 3-9)

Parents stop by Letts Community Center and complete a A Phone Call from Santa Registration Form. This registers your child to receive a personal call from Santa. The calls will be made the mornings of December 5th and 12th. Each call will be approximately 2 minutes in length. Space is limited, please register early.

HOLIDAY ROAD RALLY (Adults)

Join us for a night of adventure and fun! Bring a team of 3 to 5 members, take off in your vehicle and search for "wild & crazy" predetermined items to photograph with your digital camera. Each picture taken will help your team earn points in hopes of winning one of the evening's prizes! Immediately following the photo portion, participants will report for dinner at Robinhill, which is included in the price. This event, similar to an old-fashioned scavenger hunt, is sure to draw a spirited and competitive crowd. Your team must bring one digital camera (Polaroid Cameras are available but your team must supply all film). Extra points are given to teams with holiday attire.

Activity #133425X	12/11	Fri	6:30 pm	Foster	\$75/team
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WINTER BREAK CAMP (Grades K-5)

Schools out, now what? Come to Foster Center for three days of games, crafts and fun! Each day we will have structured supervised activities, snacks and lunch. Wednesday we will finish the camp out with a trip to Zap Zone! Don't just sit around during break, get out and have fun with Foster Center!

Activity #112205A	12/21-12/23	Mon-Wed	8:45am-6pm	Foster	\$50/Res; \$55/Non-Res
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LIGHT TOUR (Adult Inclusive)

Ride in the comfort of a Dean Excursion Bus to the Jackson County Fair Grounds for a Winter Wonderland of Lights. We will stop at Finley's in Jackson for dinner before we drive through the 1.5 mile light show. Afterwards we will make a brief stop in the Fair Grounds to visit the vendors and crafters. The bus must depart the Fair Grounds by 9:00 pm. The fee includes: transportation, dinner, non-alcoholic beverage/gratuity and tour. For an informational flier, please call and leave contact information at 483.4291. The flier will include your menu options. If you are using Spec-Tran, schedule your drop-off by 3:45 p.m. and pick-up at 10:20 p.m. from Foster.

Activity #141812X	12/15	Tue	4-10 pm	Foster/Jackson	\$37
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CHRISTMAS GIFT DRIVES at Foster and Letts Community Centers

Foster Staff and Letts Staff will be accepting non-perishable food items, personal toiletries (such as soap, laundry products, deodorant, lotion, and shampoo), and monetary donations to complete food baskets and purchase Christmas gift items for local families. Donations will be accepted during regular business hours, please drop off your donations at Foster between November 30th and December 15th and at Letts Center between November 16th and December 11th. This program is sponsored by the Foster Advisory Board, Letts Advisory Board and Community Center Staff.



SPORTS AND FITNESS



FOSTER FLOOR HOCKEY INDIVIDUAL SIGN-UP (Ages 7-10)

We are in search of individual players (not established teams) who want to play for Foster Community Center in the upcoming Lansing Parks & Recreation floor hockey leagues. Teams are sponsored by the Foster Advisory Board. Number of teams and age divisions will depend on available coaches and number of players interested. Floor Hockey: Ages 7-10. Player fee of \$20 includes t-shirt, practices, league play, tournament and awards! Registration will begin Monday, October 5th in the Main Office of Foster Community Center. (Please make checks/money orders payable to Foster Advisory Board.)

TINY TUMBLERS FOR 2'S (Age 2)

This is a great introductory class for your terrific two year old! Your child will be introduced to a tumbling mat and then will learn the basics of tumbling including jumping, rolling, and form. Parent participation is required to help child stay focused on activity. Instructor: Stretch-n-Grow.

Activity #113150A	\$36/Res; \$41/Non-Res	
10/12-11/16 Mon	5-5:30 pm	Gier

TINY TUMBLERS I (Ages 3-5)

Your preschooler will learn the basics of tumbling, in addition to learning how to do forward rolls, jumps, head stands and more, your child will learn the importance of exercising by moving to child-friendly music. Instructor: Stretch-n-Grow.

Activity #113151A	\$36/Res; \$41/Non-Res	
10/12-11/16 Mon	5:45-6:15 pm	Gier

TINY TUMBLERS II (Ages 3-5)

This class will begin with a quick review of the movements covered in our Tiny Tumblers I class and then will move on to new and exciting material your child is sure to enjoy. Pre-requisite: Tiny Tumblers I or other similar class. Instructor: Stretch-n-Grow.

Activity #113153A	\$36/Res; \$41/Non-Res	
10/12-12/16 Mon	6:30-7 pm	Gier

NEW! JUST ABOVE THE GROUND - INDOOR ROCK CLIMBING (Ages 4 - 12)

These unique classes are designed for to introduce the basics of rock climbing on our indoor climbing wall. Participants will learn belaying, knots, commands and safety. Enjoy the challenge while getting fit. All equipment is provided.

Activity# 113051A (Ages 4-6)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	10-10:45 am	Gier
Activity# 113052A (Ages 7-9)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	10-11:00 am	Gier
Activity# 113053A (Ages 10-12)	\$15/Res; \$20 Non-Res	
10/17-10/31 Sat	11:30 am -12:30 am	Gier

NEW! **OPEN CLIMBING**
Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Experienced climbers only. All participants must pass a competency test. Call 483-4313 to reserve time. \$5 per hour. Begins November 2.

NEW! CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child a party to remember with a climbing wall adventure. The 2 hour party will include rock climbing, game room fun and gym time. Parents provide party favors and food. Two experienced staff will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information call 483-4313.

BASKETBALL UNIVERSITY (Grades 1st-4th)

Established in 2006 our mission is to assist Community Youth Basketball Organizations by providing a broad range of basketball experiences for player development. The concentration of our training center is on 5 components of Productive Basketball Skill Training-(ASQ); Speed, Agility, Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. Our goal is to enable players at various levels, to perform with greater confidence and effectiveness, by arming them with advance knowledge of fundamentals and instructional training. Drop-in fee \$10.

Activity #114290A (1st & 2nd Grade)	\$35/Res; \$40/Non-Res	
9/18-10/9 Fri	6-7 pm	Letts
Activity #114290B (3rd-5th Grade)	\$35/Res; \$40/Non-Res	
9/18-10/9 Fri	7-8 pm	Letts
Activity #114290C (1st & 2nd Grade)	\$35/Res; \$40/Non-Res	
10/23-11/13 Fri	6-7 pm	Letts
Activity #114290D (3rd & 4th Grade)	\$35/Res; \$40/Non-Res	
10/23-11/13 Fri	7-8 pm	Letts

NEW! **PINT SIZE NIA (Ages 5-8)**
NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them.

Activity #150300D	\$28/Res; \$33/Non-Res	
10/8-11/19 Thu	4-4:45 pm	Southside (Hill)

NEW! **NIA TEENS (Ages 13-17)**
Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson. No class 11/26.

Activity #150300E	\$28/Res; \$33/Non-Res	
10/8-11/19 Thu	5-5:45 pm	Southside (Hill)

NEW! TRY ARCHERY - BASIC ORIENTATION (Ages 9-17)

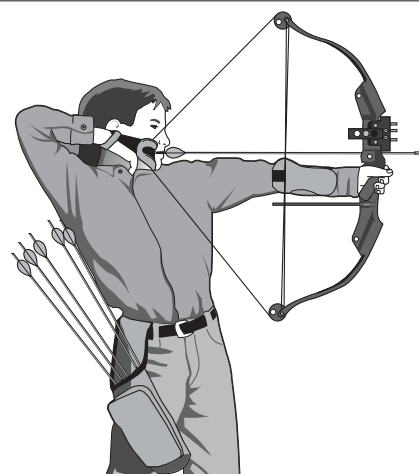
This introduction to archery will allow youth and teens to learn the basics in archery safety, guidelines, range rules, equipment and form. All equipment supplied. Students may follow up with enrollment in a beginner's session. Instructor: Certified Archery Instructor

Activity #113291A	\$6/Res; \$9/Non-Res	
10/3 Sat	1:30-3:30 pm	Gier

NEW! BEGINNING ARCHERY (Ages 9-17)

The beginner archery series concentrates on range rules, safety and fundamentals of archery, and is taught using recurve equipment. This session is appropriate for those who have never shot a bow, or those with little previous experience that are seeking a refresher session. All safety gear and equipment will be provided: (bow, arrows, quiver and targets). 4 sessions. Certified Archery Instructor.

Activity #113291B	\$24/Res; \$36/Non-Res	
10/10-10/31 Sat	1:30-3:30 pm	Gier Ctr



SPORTS AND FITNESS



CO-ED VOLLEYBALL (Adults)

Open time for adults to play recreational volleyball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 18 people. 1 court available.

10/6-12/15 Tue 7:15-8:45 pm Foster \$2/at the door

LOW IMPACT AEROBICS FOR ADULTS

This is a low impact dance aerobic class specially designed for adults ages 39 and up. The class includes stretches, warm-up, floor work, dance routines to increase cardiovascular fitness and a cool-down. Heart rates will be consistently monitored. Instructor: Kristi Vartanian. No class 11/11.

Activity #113230A (2 days/week) \$44/Res; \$66/Non-Res
9/14-11/25 Mon-Thu 9-10 am Gier

Activity #113230B (3 days/week) \$66/Res; \$99/Non-Res
9/15-11/25 Mon-Thu 9-10 am Gier

Activity #113230C (4 days/week) \$88/Res; \$132/Non-Res
9/15-11/25 Mon-Thu 9-10 am Gier

CHAIR AEROBICS

This low-impact aerobics class is designed for seniors but perfect for anyone wanting to prevent stress and strain on their joints. It combines a low-impact cardio workout along with resistance training, all performed while seated in a chair. Participants can bring light hand-held weights for added resistance, but they are not required. 1 hr. - \$3 drop in fee per session or you may pay all at once. Instructor: Shayla Crockett.

Activity #114200A \$30/Res; \$45/Non-Res
10/5-12/11 MWF 10:30 - 11:30 am Letts

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics with the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Instructor: Margaret Sickles. No class 11/25.

Activity #150500B \$42/Res; \$63/Non-Res
9/28-12/9 Mon & Wed 6-7 pm Mt. Hope

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. No class 11/26.

Activity #150300A \$48/Res; \$72/Non-Res
10/6-11/24 Tue 6-7 pm Southside (Hill)

Activity #150300B \$48/Res; \$72/Non-Res
10/8-12/3 Thu 6-7 pm Southside (Hill)

Activity #150300C 10/6-12/3 Tue/Thu
6-7 pm Southside (Hill) \$60/Res; \$90/Non-Res

NIA DANCE (Adults)

A Neuromuscular Integrative Action! A dance program using physical activity to bring together the mind with the body. This cardio program uses whole body, expressive movement to achieve fitness and wellness. Expressive movements leading to a mind and body blending that can help in bringing about fitness and wellness. 8 sessions. Instructor: Corean Gray.

Activity #114090A \$48/Res; \$72/Non-Res
10/3-10/21 Sat 3-4 pm Letts

POWER SCULPTING (Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Bring light-weight dumbbells and exercise mat to class. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. No class 11/11 and 11/25. Drop-in Fee: \$8 at the door.

Activity #150520A \$50/Res; \$75/Non-Res
10/5-12/7 Mon 5:30-6:15 pm Southside (Hill)

Activity #150520B \$40/Res; \$60/Non-Res
10/7-12/9 Wed 5:30-6:15 pm Southside (Hill)



POWER SCULPTING & FITNESS

This class combines cardio kick-boxing, hi-lo impact aerobics, and weight resistance circuit-training, for the ultimate body sculpting experience. Each class will end with focus on the core muscle groups for added stability. Participants should bring hand-held weights and a mat. 1 hr. - \$5 drop in fee per session or you may pay all at once. Instructor: Crockett. No class 11/26.

Activity #114201A \$40/Res; \$50/Non-Res
10/5-12/11 MWF 9-10 am Letts

Activity #114201B \$40/Res; \$50/Non-Res
11/3-12/17 Tue & Thu 7:30-8:30 pm Letts

CARDIO CIRCUIT EXPLOSION (Adults)

This circuit training workout is high intensity and starts with a brief warm-up, continues with 35-40 minutes of cardio conditioning and strength training stations using stability balls, medicine balls, tubing, step benches, your own body weight and more. The class is designed to maximize the use of time and fit into a busy schedule. Certified Instructor: Ann Kostin-McGill. At the door prices are \$2 for City of Lansing residents and \$3 for non-residents (pictured ID will be required).

Activity #113240A \$16/Res; \$24/Non-Res
10/6-10/29 Tue & Thu 5:50-6:50 pm Gier

Activity #113240B \$14/Res; \$21/Non-Res
11/3-11/24 Tue & Thu 5:50-6:50 pm Gier

Activity #113240C \$12/Res; \$18/Non-Res
12/1-12/17 Tue & Thu 5:50-6:50 pm Gier

GLIDING DISC EXERCISE DEMO CLASS (Adults)

The secret to this workout is the revolutionary sliding motion using the Gliding discs that engages your muscles through a full range to strengthen and lengthen the major muscle groups of your entire body. You can sculpt shapely legs and tone your inner and outer thighs while getting a great cardiovascular workout. Instructor: Ann Kostin-McGill.

Activity #113241A Free
11/7 Sat 11 am -12:30 pm Gier



Delta Dental Plan Of Michigan

Proudly Supports

Lansing

Parks and Recreation

SPORTS AND FITNESS

TAI CHI FOR STRESS BUSTING (Adults)

Learn Part 1 of a 3-part exercise set designed by a medical doctor to be easy on your joints. Adult beginners of all ages are welcome. Instructor: Debra Brown. 8 sessions.

Activity #113280A \$25/Res; \$37/Non-Res
10/1-11/12 Thu 6:15-7:15 pm Gier



BASIC TAI CHI FOR EVERY BODY (Adults)

Tai chi is a very easy to follow exercise which gently works most of the muscles in your body using powerful and healing motion and breathing techniques. You may perform the tai chi exercises from a standing or seated position. It is ideal for people of all activity levels; even people with limited mobility. Tai chi helps to improve your level of relaxation, and increases your flexibility and balance. After doing tai chi, you will be relaxed, refreshed and rejuvenated. Using a step-by-step approach, we will learn a portion of the tai chi form during each of our five classes. And we will also learn a qi gong exercise that you can use as a warm up routine. No prerequisite for this class. Please wear comfortable clothing and shoes. 5 weeks; Cathy Stewart, Certified Tai Chi Instructor, taichiwithcathy@yahoo.com

Activity #116531A \$35/Res; \$52/Non-Res
10/5-11/2 Mon 6:30-7:30 pm Southside (Hill)

Activity #116531B \$35/Res; \$52/Non-Res
11/9-12/7 Mon 6:30-7:30 pm Southside (Hill)



INTERMEDIATE TAI CHI FOR EVERY BODY (Adults)

In this intermediate tai chi class, we will continue to improve on previously learned steps and advance to additional steps of the tai chi form. We will also explore some of the essential tai chi principles and learn to incorporate them into our tai chi practice. To take this class, it is necessary to have completed the Basic Tai Chi for Every Body class. Please wear comfortable clothing and shoes. 5 weeks; Cathy Stewart, Certified Tai Chi Instructor, taichiwithcathy@yahoo.com

Activity #116532B \$35/Res; \$52/Non-Res
11/9-12/7 Mon 7:45-8:45 pm Southside (Hill)



BEGINNING YOGA (Adults)

A complete, balanced, and restorative mind-body workout. Using breath and movement, this class will help improve core strength and stability, increase flexibility, and reduce stress. All fitness levels welcome. Instructor: Kristi Garcia. Drop-in fee \$4 at the door.

Activity #116540A \$21/Res; \$31/Non-Res
10/9-11/20 Fri 7-8 pm Southside (Hill)



YOGA FLEX AND FLOW (Adults)

Beginner to intermediate workout that fuses strength training with total body stretching. Poses that strengthen and tone are combined with fluid and smooth movements to provide your body with challenge and release. Instructor: Kristi Garcia. Drop-in fee \$4 at the door.

Activity #116541A \$27/Res; \$40/Non-Res
10/5-12/7 Mon 12-1 pm Southside (Hill)

THERAPEUTIC YOGA (Adults)

Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 11/26, 11/27.

10/5-12/14 Mon 5:30-6:30 pm \$1/at the door Foster

10/1-12/17 Thu 6-7 pm \$1/at the door Foster

10/2-12/18 Fri 6-7 pm \$1/at the door Foster

10/2-12/18 Fri 10-11 am \$1/at the door Foster



WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 11/11, 11/27.

10/2-12/18 Mon-Wed-Fri 8:45-9:45 am Free Foster

Martial Arts

KARATE

A wonderful family activity or study opportunity for any individual. Taught on an individual basis to build self confidence and teach stress management, composure, and self defense through the art of Sanchin-Ryu; where each person will advance at their own pace. Instructor: Sanchin Systems. 10 sessions. No class 11/11, 11/25, 11/26

JR. KARATE (Ages 5-13)

Activity #112775A \$20/Res; \$25/Non-Res
10/6-12/8 Tue 6-7 pm Foster

Activity #113113A \$20/Res; \$25/Non-Res
9/30-12/16 Wed 6-7 pm Gier

Activity #114110D \$20/Res; \$25/Non-Res
10/8-12/17 Thu 6-7 pm Letts

KARATE FOR THE FAMILY

Activity #112776A Per family: \$70/Res; \$75/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #113114A Per family: \$70/Res; \$75/Non-Res
9/30-12/16 Wed 7-8:45 pm Gier

Activity #114110A Per family: \$70/Res; \$75/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

INDIVIDUAL KARATE (All Ages - Under age 5 must be accompanied by a parent)

Activity #112777A (Ages 5-17) \$35/Res; \$40/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #113115A (Ages 5-17) \$35/Res; \$40/Non-Res
9/30-12/16 Wed 6-7 pm Gier

Activity #114110C (Ages 3-17) \$35/Res; \$40/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

Activity #112777B (Adult) \$35/Res; \$53/Non-Res
10/6-12/8 Tue 7-8:45 pm Foster

Activity #114110B (Adult) \$35/Res; \$53/Non-Res
10/8-12/17 Thu 7-8:45 pm Letts

Activity #113115B (Adult) \$35/Res; \$53/Non-Res
9/30-12/16 Wed 7-8:45 pm Gier

TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master, Sidney Singer. 10/13 sessions. No class 9/24, 10/29, 11/19, 11/26. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & white belt students

Activity # 112779A \$25/Res; \$30/Non-Res
9/17-10/22 Mon/Thu 6:45-7:45 pm Foster

Advance students (yellow belt thru black belt)

Activity #112779B \$50/Res/ \$55/Non-Res
9/17-10/22 Mon/Thu 6:45-8:45 pm Foster

Beginning & white belt students

Activity # 112779C \$33/Res; \$38/Non-Res
10/26-12/17 Mon/Thu 6:45-7:45 pm Foster

Advance students (yellow belt thru black belt)

Activity # 112779D \$65/Res; \$70/Non-Res
10/26-12/17 Mon/Thu 6:45-8:45 pm Foster

SPORTS AND FITNESS

Tennis

TENNIS FOR TOTS AND YOUNG STARS TENNIS

Both programs will introduce students to tennis through the QuickStart format. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately – even if they have never picked up a racquet before. Classes will meet for 6 sessions. Instructors: Court One North

Tennis for Tots (Ages 3-4)

Activity #113171A	\$26/Res; \$35/Non-Res
10/6-11/10 Tue 4:30-5 pm	Court One North

Activity #113171B	\$26/Res; \$35/Non-Res
10/3-11/7 Sat 11-11:30 am	Court One North

Young Stars Tennis (Ages 5-7)

Activity #113172A	\$26/Res; \$35/Non-Res
10/6-11/10 Tue 5-5:30 pm	Court One North

Activity #113172B	\$26/Res; \$35/Non-Res
10/3-11/7 Sat 11:30-12 pm	Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking to better their game through match play, match strategy, drill sessions, and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One Professionals. Classes will meet for 8 sessions. No class 11/14 or 11/28.

Activity #113173A	\$45/Res; \$65/Non-Res
10/3-12/5 Sat 12-2 pm	Court One North

NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

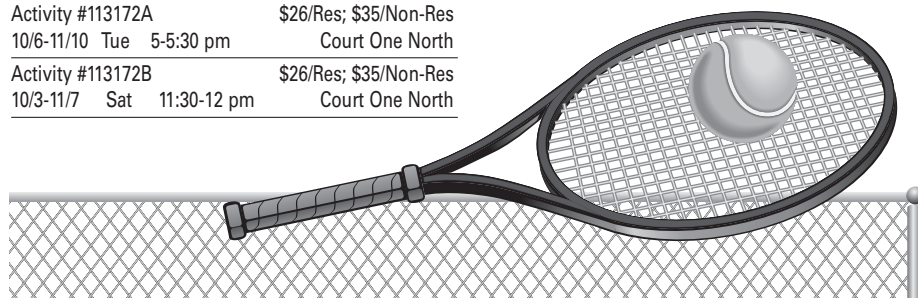
The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately – even if they have never picked up a racquet before. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. Classes will meet for 8 sessions. No class Friday 11/13, 11/27 or Saturday 11/14, 11/28

Activity #113174A (Ages 13-18)	\$35/Res; \$55/Non-Res
10/3-12/5 Sat 12-1 pm	Court One North

Activity #113174AA	\$35/Res; \$55/Non-Res
10/3-12/5 Sat 1-2 pm	Court One North

Activity #113174B (Ages 8-12)	\$35/Res; \$55/Non-Res
10/2-12/4 Fri 6-7 pm	Court One North

Activity #113174BB (Ages 8-12)	\$35/Res; \$55/Non-Res
10/2-12/4 Fri 7-8 pm	Court One North



Golf Courses

The City of Lansing owns and one golf course and a full services driving range. Reservations are accepted daily at Groesbeck Golf Course. For information listed below please call 483-4232.

Groesbeck Golf Course

1600 Ormond • 483-4333
Riding carts, rentals, snack bar leagues, outings.

Sycamore Golf Learning Center

1526 E. Mt. Hope • 482-1890

Sycamore Golf Course has re-opened as a Golf Learning Center and First Tee of Michigan Golf Academy. This is a great facility for the residents of Lansing to practice their golf skills, be introduced to the game of golf at the driving range or for area youth to learn valuable life skills (as well as golf) at the First Tee of Michigan Golf Academy.

We are offering a wide variety of golf lessons for the public in conjunction with the MSU Golf Center. Call 483-4232 for more details.



SPORTS AND FITNESS

Lifetime Sports

YOUTH FALL SOCCER

Boys and girls ages 5 to 12 years (age determined as of December 31, 2009) who are interested in playing soccer can sign up at any of our registration sites through September 11. The soccer season begins Saturday September 26th and runs through the end of October. Games are played on Saturdays and one evening during the week, locations for fall soccer are Davis Park.

YOUTH BASKETBALL

The Lifetime Sports office offers a youth basketball program for boys and girls in grades 1-4. This is a non-competitive league, skill-based program with volunteer coaches from individual registrations. Participants are placed on teams according to their grade and school. Equal play, good sportsmanship and learning the game of basketball are the key ingredients for this program. Practices start the week of December 7 and games begin January 9. Register Oct. 19-Nov. 20.

SPRING YOUTH SOCCER

Just like our fall program, participants will be asked to register according to the school and/or coach they played for in the fall. Please contact your school to make sure they are offering a team in your respective age division. Registration for Spring soccer begins February 22. Soccer sign-up flyers will be available through Lansing School District elementary schools the week of February 15th and games will begin the April 17th.. Locations for games are Davis Soccer fields for 5-6 years and Hope Soccer Complex for 8-12 years. For more information, please call the Lifetime Sports office at 483-4029. Register Feb. 22-March 19.

YOUTH SPRING SOCCER TEAM DEADLINE

Spring team registration is Friday, March 26th, please make sure to fill out your spring registration sheet. If you have any questions regarding the spring session, please call the Sports Office at 483-4039.

ADULT VOLLEYBALL LEAGUES

Team sign ups for Women's and Coed Volleyball Leagues begin September 14th. This fun and fit league is for all players and teams regardless of skill level. Looking for a team? Call down to be added to our "Free Agent Book," or ask how easy it is to start a team of your own. Women's leagues begin early December, and Coed Leagues begin in January 2010.

League Registration Deadline: Women - Fri. Nov.13
Coed - Friday Dec.11

YOUTH FLOOR HOCKEY LEAGUES - TEAM SIGN UP

Lansing Parks & Recreation is offering youth floor hockey for Boys and Girls ages 5 - 14. This team registration program begins play in January 2010. Cost is \$180 per team, and includes a 6 game season.

League Registration Deadline: Fri. Dec. 4th
Officials Meeting: Wed. Nov. 18th
Coaches Meeting: Thu. Dec. 17th



FALL LITTLE KICKERS PRESCHOOL SOCCER

Little Kickers is a great way to introduce your 3, 4 or 5 year old to the sport of soccer. Games are played on Saturdays at Marshall Park. Each week children will have 30 minutes of practice and a 3 on 3 scrimmages for the 4 and 5 year olds. Three year olds will run through a controlled "clinic" leading up to organized scrimmages the final week. Cost is \$18 (\$23 for nonresidents) and includes a league t-shirt and 4 week schedule. Register by September 4th for fall leagues. Games begin September 12th

Activity #433830A for 3yr. olds

Activity #433830B for 4yr. olds

Activity #433830C for 5yr. olds

YOUTH NFL FLAG FOOTBALL

Youth NFL Flag Football, the NFL's official youth league for boys and girls in grades K - 5. Divisions of play include K/1, 2/3, 4/5 all divisions are coed. NFL Flag provides the opportunity for kids and families to become involved in football through participation early in life. It also helps develop the first phase of player and coach development by teaching football skills at the earliest age, while focusing games on speed and agility not size and strength. The cost to participate is \$30 for City of Lansing Residents; \$35 for Nonresidents, which includes a high quality NFL replica jersey. Participants must register by September 11, 2009. Games begin September 26th (one game per weekday plus Saturdays)

Activity #132150A for K/1st Grade

Activity #132151A for 2nd/3rd Grade

Activity #132152A for 4th/5th Grade

SUMMER ADULT TEAM SPONSORS

A & J Custom Screen Printing	Cooley Law School	La Jou Llc	Rivers Of Life Church
Acid.Net	Dagwoods	Leo's Outpost	Rookie's Bar
Allegra	Dart	Leroy's Classic Bar	Rpm Painting
Android Industries	Davis Glass & Screen	Messa	Rum Runners
Apple Schram Orchard	Dr. Poletes	Michigan Millers	Sir Pizza
Aren's Roofing	Drakes Batteries	Michigan Wire Cloth	Sparrow Hospital
Arts Bar	Duncan Rentals	Mirs	St. Vincent Catholic Charities
Backyard Bbq	Dura Glider	Mohre Softwater	Stober's Bar & Grill
Barley's	Estes-Leadley	Morris & Co.	Su Casa Tax Service
Bonnie's Place	Friendship Baptist Church	Msu Federal Credit Union	Symmetry Medical Jet
Bottom's Up Basement Finishing	Great Lakes Window Cleaning	Naked Bats	Techmark, Inc.
Capital City Electric	Guerrero BaSeball Gloves	Nio Wave	The Best Steak House
Capital Honda	Heritage Flooring	Northside Classic Pub	Us Threads
Carl's Supermarket	Hobie's	Oade's Bar	Vlahakis
Chrome Cat	Immaculate Heart Of Mary	Peanut Barrel	Waste Management
Clark Farms	Ingham Regional Medical	Piazzanos	Westbay Management
Classic Pub	Irish Pub	Quality Dairy	
Clebration Cinema	John E. Green Athletics	Radisson Hotel	
Coach's Pub	Keller Williams Buddies Grill	Rivers Construction	

YOUTH AFTER SCHOOL PROGRAMS & OPEN RECREATION

STEPPIN' UP 4-H TEEN MENTORING PROGRAM 7th - 11th grade teen mentors Kindergarten - 5th grade youth mentees

Mentors will be trained in communication, character, relationship, and leadership skills. Mentors and mentees meet every Wednesdays after school for at least one hour. Different activities that mentors and mentees may participate in: board games, art projects, sports, community service projects, cooking, educational activities, field trips (based on attendance), and more! Please visit Foster Community Center's main office for applications and more information. New teens mentors must sign up for our Mentor Training.

Activity #112106A - Mentor Training
11/18 Wed 6-8:30 pm Free Foster

YOUTH RECREATION (Ages 6-17)

Supervised and structured after school activities in the gym and game room. An information sheet must be on file at the center for each youth attending.

Gier	Mon-Thu	3-5:30 pm
Letts	Mon-Thu	3-5:30 pm
	Mon & Wed (teens only)	6-8:45 pm
	Sat	10 am-1pm
Foster	Mon-Thu (K-5th)	3:30-5:30 pm
	Mon & Wed (teens only)	6:30-8:30 pm
	Sat	12-3 pm



AFTER SCHOOL PROGRAM (Grades K-5)

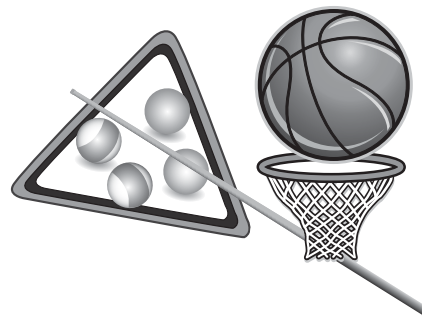
Foster Center is the place to be after school! We have a variety of clubs, from mentoring to crafts, from our game room to our gym. Don't just sit at home after school, come to Foster and make new friends, learn new skills and have fun! Snack will be served daily, provided by the Lansing School District meal service program. After school bussing is available from Bingham, Fairview, Post Oak, Forest View and Mt Hope Schools, call Foster at 483-4233 for more details.

Mon-Thu 3:30-6 pm Foster Free

TEEN NIGHT (Ages 13-17)

Stop in for a pick up game of basketball or pool. Must have current school ID and information sheet filled out to participate. No outside equipment allowed.

Mon & Wed 6:30-8:30 pm Foster Free

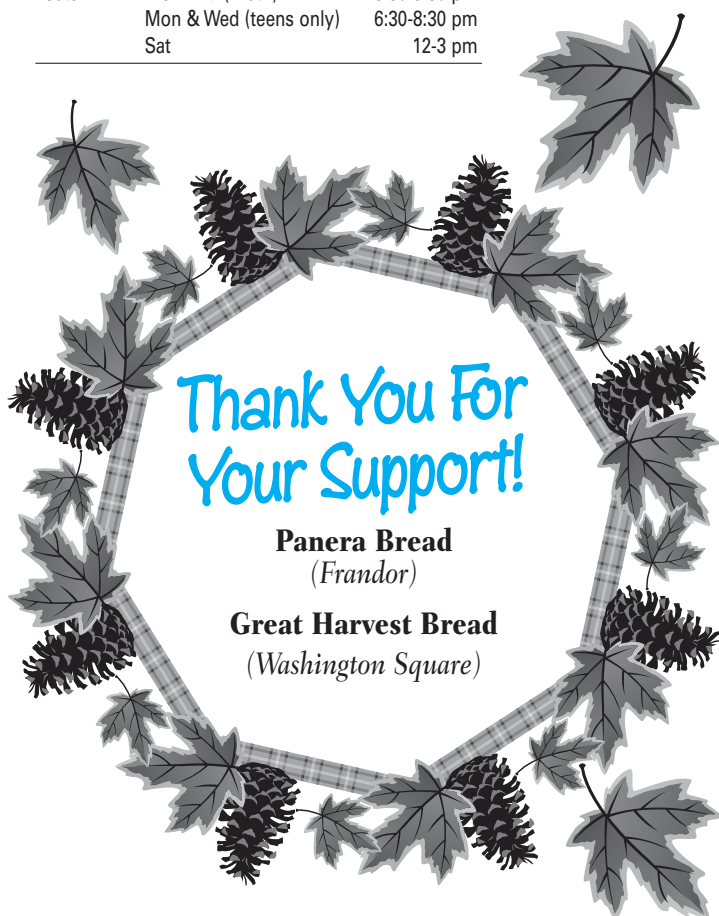


TAILGATE PARTY (Ages 6-17)

Pizza Party with game room tournaments, staff challenge, and prizes!

MSU vs. Penn State

11/21 Sat 12-3 pm Foster Free



Celebrate Your Birthday on Wheels!

Ultimate Party Package Includes:

- Invitations
- Admission • Skate or Blade Rental
- Free Skating Passes for Guests
- Pizza Slice & Beverage
- Ice Cream Cup
- Decorative Paper Products
- Goodie Bag for Birthday Child
- Fun & Friendly Host to Serve Party

ADD LASER TAG TO ANY PACKAGE FOR 2.00 PER PERSON.

EDRU SKATEARAMA

1891 N. Cedar Street • Holt, MI 48842 • (517) 699-2002 • www.skatarama.com

Skate for the Health of it!

WASHINGTON PARK - SKATING

WASHINGTON PARK ICE SKATING COMPLEX

2700 S. Washington Ave. • Schedule Information: (517) 483-4232

OPEN HOUSE SUNDAY NOVEMBER 1

Join us Sunday, November 1st for a day of **free** skating, **free** skate rental and **free** skating instruction!!! Stop by between 2-5 p.m. to skate, find out about our skating lesson program, check out upcoming special activities, see demonstrations and find out how you can enjoy the ice dome this winter.

OPEN SKATING SCHEDULE (November 2-March 7)

DAY	TIME
Mon & Wed	4:30-6 pm
Tue, Thu & Fri	7:15-8:45 pm
Sat & Sun	3:15-4:45 & 5-6:30 pm

Dome Skating Fees

Adults.....	\$4.00
Children (16 and under)....	\$3.00
Senior (60+).....	no charge
Skate rental.....	\$2.00

Noon Hour Skate

(Beginning Nov 30)

Mon, Wed & Fri only..	12-1 pm
Adults	\$2.00
Children	\$1.50

Multi Admission Punch Card

6 for the price of 4!

Adults	\$16.00
Children	\$12.00

12 for the price of 8!

Adults	\$32.00
Children	\$24.00

THE RINK WILL BE CLOSED ON THE FOLLOWING DATES:

Thursday, November 26th and Friday, November 27th
December 24th, 25th and 31st
January 1st

STICK & PUCK

Need some extra practice working on your stick handling skills? Join us for Stick & Puck practice times beginning November 30.

Monday and Wednesday.....10:30-11:30 am

Friday4-5:30 pm

Other times will be made based on rink availability, call 483-6037 for more info.

Players under 18 must wear full hockey gear

Players 18 & older must wear helmet, gloves and skates

\$4.00 Adults	\$3.00 Child (under 17)
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ICE RINK RENTAL HOURS

The Ice Dome is available for your group to rent for skating parties, hockey and other ice rink activities. Please call 483-6037 for more details.

RINK RENTAL FEES PER HOUR

SUPER PRIME.....	\$250.00
PRIME.....	\$225.00
OFF PRIME	\$175.00

SCHOOL AND CIVIC GROUPS

Your school, Lansing based non-profit organizations, and neighborhood organizations are encouraged to take advantage of special opportunities for use of the Dome.

HOLIDAY VACATION SPECIALS

Check at the rink for special camps and activities over the holiday weeks of Dec. 21-23 and Dec. 28-30.

SKATING LESSONS

The City of Lansing is excited to partner with The Skate School LLC to offer many skating opportunities for all ages. These **learn to skate programs** will provide classes for those who want to learn figure skating or hockey skating techniques. Classes will be 40 minutes of instruction and 20 minutes of practice each week.

To learn more about The Skate School LLC check out their website at www.theskateschool.com or for more information about classes please call 483-4232.

How do I Register?

1. See page in guide "How do I Register"
2. Sign up at the Open House November 1.
3. Sign up in person at the dome (call 483-6037 for hours).
4. Call The Skate School at 322-2330.

PARENT & TOT SKATE (Ages 3 & up)

Together parent and child will learn the fundamental of skating. Practice is 20 minutes before class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133210A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6:20-7 pm	Washington Ice Dome

Activity #133210C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:50-1:30 pm	Washington Ice Dome

TOT SKATE (Ages 4-5)

Beginner skills are emphasized in a low student to instructor ratio. Practice is 20 minutes before class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133211A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6:20-7 pm	Washington Ice Dome

Activity #133211C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:50-1:30 pm	Washington Ice Dome

PRE-ALPHA SKATE (Ages 6 & up)

Forward and backward skating, gliding on two feet as well as stopping. Practice is 20 minutes before class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133212A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6:20-7 pm	Washington Ice Dome

Activity #133212C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:50-1:30 pm	Washington Ice Dome

ALPHA/BETA SKATE (Ages 6 & up)

Pre-requisite is skating forward, backward and stopping. Practice is 20 minutes before class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133213A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6:20-7 pm	Washington Ice Dome

Activity #133213C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:50-1:30 pm	Washington Ice Dome

ADULT/TEEN SKATE (Ages 15 & up)

Forward and backward skating, gliding and stopping. No experience required. Practice is 20 minutes before class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133214A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6:20-7 pm	Washington Ice Dome

Activity #133214C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:50-1:30 pm	Washington Ice Dome

TOT PUCKS (Ages 3-4)

Fundamentals of skating for hockey. Practice is 30 minutes after class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133215A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6-6:30 pm	Washington Ice Dome

Activity #133215C	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:30-1 pm	Washington Ice Dome

YOUNG PUCK (Ages 5-6)

Beginner hockey skating skills are emphasized in a low student to instructor ratio. Practice is 30 minutes after class time. This class meets for 7 sessions. Instructor: The Skate School LLC.

Activity #133216A	\$70/Res; \$75/Non-Res
11/3-12/15 Tue 6-6:30 pm	Washington Ice Dome

Activity #133215B	\$70/Res; \$75/Non-Res
11/7-12/19 Sat 12:30-1 pm	Washington Ice Dome



The Skate School

SENIOR GO-Getters

Programs for persons age 50 & over

Our program offers comprehensive and diverse services and activities for Lansing area adults over the age of 50. Included are health services, crafts, recreation and many special events. The program meets 10:00 a.m. – 2:00 p.m. Monday - Friday at Letts and Miller Rd. Centers. In addition, Miller Center offers evening programs, dances and events.

Tri-County Office on Aging nutritional meals are served at 12 noon,

Monday - Friday at Letts and Monday, Tuesday, Thursday, and Friday at 11:45 a.m. at Miller. A \$2.00 donation is requested for persons age 60 and older; a \$4.00 donation is requested for persons under age 60.

Transportation arrangements can be made through Spec-Tran by calling 394-6230. You'll receive a token for your return ride home if you order a meal.

PROGRAM LOCATIONS

Letts Community Center, 1220 W. Kalamazoo.....483-4311 • Miller Road Center, 6025 Curry Lane (off Miller).....394-5421

BRIDGE PLAYERS LEARNING SESSION

Join Letts Center Seniors for an introduction on How to play Bridge.

10/7-12/16 Wed 10:30-11:10 am Miller Free

BIRTHDAY CELEBRATIONS

Each month we will celebrate your Birthday. We will provide Cake and Ice Cream along with a "Happy Birthday" song for you. Dates are 10/28, 11/25, 12/23

FALL RUMMAGE SALE

This is your opportunity to purchase and sell merchandise, clothing and collectibles. Each 8 foot table will have 2 chairs. Tri County Office on Aging meals served daily. Please call Letts Community Center at 483-4311 to purchase your tables and reserve a lunch. Maximum of 2 tables may be purchased. Lunch is not included in the cost of the table.

Activity #115622A \$6 per table
10/9 Fri 10 am-2 pm Letts

Activity #115622B \$6 per table
10/2 Fri 10 am - 2 pm Miller

HOWLING HALLOWEEN FUN

You are invited to scare up some friends to accompany you to this howling good time; prizes will be awarded for the most creative, silliest, and creepiest costumes. The Good Time Cloggers will perform a wonderfully frightful dance for your entertainment. Tri County Office on Aging meal will be served.

10/30 Fri 10 am-1:30 pm Miller \$5

HOT POCKETS POOL TOURNAMENT

All pool players are welcome and encouraged to join us for a great time. Check-in will be at 9:30 a.m. and the tournament will begin at 10 a.m. Refreshments will be provided. Tri-County Office on Aging lunch will be served at Noon. First, second and third place prizes will be awarded. Please call 483-4311 to register for the tournament and to reserve lunch. Registration deadline is November 2nd at 2 p.m.

Activity #115561A Free
11/4 Wed 10 am-2 pm Letts

HOLIDAY CELEBRATION

Celebrations and gifts go hand in hand. So this year we are having a Gift Giving Celebration! Donate a new toy, hat, gloves for ages 2-12 year old. Entertainment will be by Leo Balcer on the accordion to bring in the Holiday Cheer! Tri County Office on Aging meal will be served. Please call 483-4311 for more information.

12/16 Wed 10 am-1:30 pm Miller \$5

Evening Programs

WEDNESDAY EVENINGS AT MILLER ROAD

Join us for an evening of fun and fellowship at Miller Road on Wednesdays from 6-9 p.m. The evening will consist of the following activities: cards, billiards, good conversation, maybe music and lots of laughs. The program is free; donations are accepted for refreshments.

FUN, FRIENDS & FELLOWSHIP... A NIGHT OF MUSIC JAMS

Join us for a Saturday evening of fun from 7 to 10 p.m. at Miller Road Center. Bring your musical instrument, singing voice or just relax to a night of musical enjoyment. We will be meet the 2nd Saturday of each month, excluding holidays. (10/10, 11/14, 12/12)

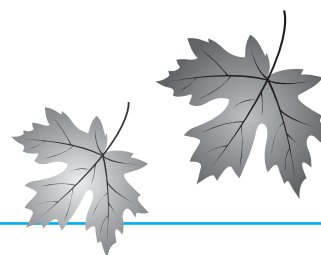
DANCE THE NIGHT AWAY

Kick up your heels, glide across the floor or twirl about, to the sweet sounds of Charlie and The Tinas the first Thursday of each month (Oct. 1, Nov. 5, Dec. 3) at Miller Road from

7 to 10 p.m. The program is free; donations are accepted for refreshments.

Guest Speakers and Presentations

Representatives from various organizations will present information on everything from health issues to financial situations, arts and crafts to specific era topics. Please contact Letts Center at 483-4311 or Miller Road Center at 394-5421 for a complete listing of topics, dates and times.



Proud to Support
Neighborhood Concerts in the Park



NuUnion
CREDIT UNION

THERAPEUTIC RECREATION

ADAPTED AQUATICS (Adult)

If you have Fibromyalgia, Arthritis or other physical disabilities, let the water take the stress away. Noodle exercise improves balance, strength, and maintains range of motion. Save 15 minutes for walking. 12 sessions.

Activity #141070A	\$30/Res; \$45/Non-Res
9/21-10/28 M&W	5:30-6:30 pm Beekman
Activity #141070B	\$30/Res; \$45/Non-Res
11/2-12/9 M&W	5:30-6:30 pm Beekman

BOWLING

(After school teens, adults with or without disabilities)

With a little practice you will be back to the high rolling scores you saw last year. It is Turkey Time; knock down the pins and see the Turkey Dance. All games must be completed by 4:30 p.m., please make arrangements for pick-up by 4:30 p.m. Ramps are available for use. Cost per game is \$2.50. 12 sessions. No class on 11/26.

Activity #141060A (Adult)	\$16/Res; \$24/Non-Res
9/22-12/8 Tue	2:30-4:45 pm Holiday Lanes
Activity #141060B (Ages 15-17)	\$16/Res; \$21/Non-Res
9/22-12/8 Tue	2:30-4:45 pm Holiday Lanes
Activity #141060C (Ages 12-17)	\$16/Res; \$21/Non-Res
9/24-12/10 Thu	3:30-4:45 pm Holiday Lanes

STRETCH & STRENGTHEN (Adult)

The use of stretch bands along with steps, balance balls and chairs will be used in the class. The staff will assist with stretching, balancing and working your CORE. No program on 11/11. 10 sessions

Activity #141200A	\$20/Res; \$30/Non-Res
9/28-10/28 M&W	11 am-12 pm Gier
Activity #141200B	\$20/Res; \$30/Non-Res
11/2-12/2 M&W	11 am-12 pm Gier

LUNCH & HEALTH (Adult)

Learn about nutrition, healthy eating habits and flavorful foods. Together as a team you will assist with cooking and making healthy lunches. We will use a program called the Power of Choice. Food included. No program 11/11. 10 sessions.

Activity #141250A	\$20/Res; \$30/Non-Res
9/28-10/28 M&W	12-1:30 pm Gier
Activity #141250B	\$20/Res; \$30/Non-Res
11/2-12/2 M&W	12-1:30 pm Gier

S'MORES AND FUN

Listen to the night time critters and the crackle of leaves under foot as you hit the trails at Sleepy Hollow. Watch for the night time skies to turn into a starry night as we make hot dogs for dinner and S'mores for dessert. Dress for being outdoors.

Activity #141810X	\$10/Res/Non-Res
9/11 Fri	6-10 pm Foster/Sleepy Hollow

HALLOWEEN DANCE - People with Disabilities

It is time to shake, rattle and roll with some Spook-tacular Fun! Contests and awards will be handed out by 8:30 p.m. The pavilion will be decorated in Halloween fashion. Check-in at the main door. Arrange transportation to drop-off after 6:30 p.m. and pick-up by 9:00 p.m.

Activity #141800X	\$5/in advance; \$8/at the door
10/23 Fri	7-9 pm Frances Park Pavilion

PLANETARIUM TOUR

Meet up with the staff at the MSU Planetarium for a starry show of our galaxy and beyond. Sit back, look up and learn about the majestic skies overhead. After the sky show let's take a short walk to the MSU Dairy Store for a cool cone. Drop-off is the Planetarium and pick-up is the Dairy Store on Farm Lane.

Activity #141515X	\$7
11/20 Fri	1-4:30 pm MSU Planetarium

COLOR WALK, CRAFT & LUNCH

Meet at Fenner Nature Center to take a leisurely walk on the trails exploring the color and wildlife, while listening to the crunch and rustle of the leaves. Upon your return enjoy a cookout and board games and crafts. Meet at the back of the building lower level. Lunch will be served.

Activity #141105X	\$7
10/2 Fri	11 am-3 pm Fenner Nature Center

HOLIDAY CRAFT & MOVIE (Teen/Adult Inclusive)

Need a break from the hectic pace of the holidays? Make a great Christmas ornament, have lunch and relax to a Christmas movie.

Activity #141520A	\$7
12/5 Sat	11 am-3 pm Foster

LIGHT TOUR (Adult Inclusive)

Ride in the comfort of a Dean Excursion Bus to the Jackson County Fair Grounds for a Winter Wonderland of Lights. We will stop at Finley's in Jackson for dinner before we drive through the 1.5 mile light show. Afterwards we will make a brief stop in the Fair Grounds to visit the vendors and crafters. The bus must depart the Fair Grounds by 9:00 pm. The fee includes: transportation, dinner, non-alcoholic beverage/gratuity and tour. For an informational flier, please call and leave contact information at 483.4291. The flier will include your menu options. If you are using Spec-Tran, schedule your drop-off by 3:45 p.m. and pick-up at 10:20 p.m. from Foster.

Activity #141812X	\$37
12/15 Tue	4-10 pm Foster/Jackson

Proud to Support
Neighborhood Concerts in the Park



Activities are subject to change due to circumstances beyond our control. Please contact the Parks and Recreation Department at 483-4277 or check the website for updates at www.lansingmi.gov/parks

TURNER-DODGE HOUSE & HERITAGE CENTER

PRINCESS CAMP

Saturday, October 24 10 am-2:30 pm
Every girl is a princess at Turner-Dodge and every princess will enjoy a fun filled day learning all there is to know about being a princess. Please bring a sack lunch.

Activity #136913A \$12

HARRY POTTER CAMP

Saturday, October 31 10 am-2:30 pm
Enjoy a fun filled day at Turner-Dodge's award winning Harry Potter Day Camp. Students will experience four wizard classes, play Quidditch, and unravel the mystery hidden in this year's Wizards Tournament. Please bring a sack lunch.

Activity #136930B \$12

HOLIDAY CAMP

Tuesday, December 22 10 am-2:30 pm
Children will have fun learning holiday traditions and making gifts for parents, grandparents, and friends. Please bring a sack lunch.

Activity #136913B \$12

WINTER WONDERLAND CAMP

Tuesday, December 29 10 am-2:30 pm
Games, snow, and fun projects are all a part of this year's Turner-Dodge winter camp. This one day children's camp explores historical winter fun. Children should bring a sack lunch and come dressed for the weather.

Activity #136913C \$12

GIRL SCOUTS

(Daisies, Brownies, & Juniors)

NEW PROGRAMS: Turner-Dodge is pleased to announce their all new scout programs. Scout leaders now have a choice between regularly scheduled programs and our all new Create Your Own Schedule. Please check our website at: <http://parks.cityoflansingmi.com/tdodge> or by calling 517-483-4220 to discover all that is new with our Girl Scout programs. Our fee includes supplies (not badge). Check our web-site or call for a brochure or reservations. Fee: \$4/Scout \$2.00/Parent. One leader and one co-leader are free.

Heart of Michigan Day at Turner-Dodge

Saturday, December 12 10 am-1:30 pm

Scouts will learn about holiday traditions by touring the Turner-Dodge House and creating fun projects. Scouts should bring a sack lunch.

CUB/BOY SCOUTS

New Programs: Cub/Boy Scout programs now offer the opportunities to earn scout Electives, Merit Badges, Belt loops and Pins, along with the traditional Achievements that we already offer. Please visit our web-site at <http://parks.cityoflansingmi.com/tdodge> or by calling 517-483-4220. Fee: \$4/Scout \$2.00/Parent. One leader and one co-leader are free.



Business Hours are
Tuesday - Friday,
10 am-5 pm.

*(Turner-Dodge House
is accessible to the
first floor only.)*

The Turner-Dodge House and Heritage Center

is located at 100 E. North Street, Lansing, MI 48906. Call 517/483-4220 for information or visit our web-site at <http://lansingmi.gov/tdodge>

COUNTRY APPLE TEA

Saturday, September 19 1 pm and 3 pm
\$8 per person (two seatings)
Welcome in fall this year at the Turner-Dodge House. September is apple month. Let us bring the outdoors in while you treat your tastes to crisp delights and great entertainment. Please call 517-483-4220 to reserve your spot.

IRISH TEA

Saturday, November 14 1 pm and 3 pm
\$8 per person (two seatings)
The Irish Tea is a fun tradition at Turner-Dodge. Have a relaxing afternoon at Turner-Dodge with good friends, great food, and heartfelt entertainment. Please call 517-483-4220 to reserve your spot.

DICKENS TEA

Saturday, December 6 3 pm
\$8 per person
The Holidays are in full swing this year at Turner-Dodge. Enjoy wonderful holiday treats, tour our historic home, and hear sweet holiday music. Discover the history of Christmas Carols while touring the home. Please call 517-483-4220 to make reservations.

ANNUAL FRIEND'S MYSTERY DINNER

The Friend's of Turner-Dodge will host their annual Mystery Dinner on Friday, October 9th and Saturday, October 10th.

Fee: \$35 members / \$40 non-members
Please call 517-483-4220 to reserve your spot.

CHILDREN'S HOLIDAY TEA

Bring your mom, dad, grandparents, and friends and have a cozy afternoon at the Turner-Dodge House. Enjoy holiday treats and hear some old time classics. Tea time is at 3 p.m. Cost is \$8 per person. Please call 517-483-4220 to make reservations.

CHILDREN'S BIRTHDAY PARTY

Tour the house, play old-fashioned party games, and make a party favor. Select from five themes: American Girl, Civil War, Princess Tea Party, Super Hero and Harry Potter. We'll supply the punch you bring the cake. Allow 1 1/2 hours. \$60 (max.12, including adults).

TOUR AND TEA

Red Hatters, Church Groups, Clubs, or Family Groups schedule a private tour and tea with us. Receive a guided tour and relax with our house tea and treats. Tour groups for groups of 10 or more. Tours may be scheduled year round. Fee: \$8 / guest

SCHOOL TOUR PROGRAMS

History is alive at Turner-Dodge. This school year bring your students for our all new programs and a few of our old fan favorites. New to the Turner-Dodge house's school tour programs are the Chief Okemos Program, Architecture Program, Mystery Box Program, and for the Holidays a special Holiday Program. Fan favorites include: Candle making, Timeless Toys, and Washday Blues. Please call 517-483-4220 to reserve your class's trip.

RENT TURNER DODGE FOR A SPECIAL EVENT

The Turner-Dodge House is a beautiful location to rent for your special day. Whether it is a wedding, reception, bridal shower, baby shower, graduation open house, retirement party, office meeting/party, holiday event, reunion, birthday party, or other special event, we can accommodate your needs. Please call 517-483-4220 to find out more about our rental packages.





City of Lansing Waste Reduction Services Fall Activity & Event Schedule



Compost Bin & Rain Barrel Sale

Date: Saturday, September 12, 2009

Location: Foods For Living parking lot, 2655 E. Grand River Ave, East Lansing

Time: 9am-3pm

Prices: The Earth Machine Compost bin: \$40.00/each

The System Rain Barrel: \$49.00/each

Special Recycling Collection for Computers & Electronics

Date: Saturday, September 26, 2009

Time: 8am-12noon

Location: City of Lansing, Recycling Transfer Station, 530 E. South St. *(Directions from S. Washington Ave: Turn East on South St., just North of the RR tracks. The Transfer Station is at the corner of South and Beech Streets)*

Fees: Visit www.lansingrecycles.com for a complete list of fees

Special Event To Recycle Plastic Garden Pots & Flats

Date: September 30, 2009

Location: Van Atta's Greenhouse, 9008 Old M-78, Haslett

Time: 12:00-6:00pm

Items accepted: #2, #5 and #6 plastics

Campaign Sign Recycling

Date: November 9-13, 2009

Locations: Foster Community Center, 200 N. Foster, Gier Community Center, 2400 Hall St., Letts Community Center, 1220 W. Kalamazoo

Time: During building hours: (M-F, 8:30am-9:00pm/Sat., 8:30am-5:00pm)

Green Holiday Event & Light Recycling – LED Giveaway

Date: Thursday, November 19, 2009

Time: 11:00am -2:00pm

Location: Lansing City Hall lobby

Local vendors will be selling produce, baked goods, crafts and handmade gifts. Take advantage of the variety of locally made and environmentally friendly gifts this holiday season!

Holiday Light Recycling/LED Giveaway – Kick off the season the right way, bring your old, working strands of holiday lights to the Green Holiday Event and receive new LED, energy efficient lighting (up to 2 strands per household – while supplies last).

Can't attend the event? Still want to recycle your old lights? Bring them to the **Board of Water & Light's Customer Service Center**, located at 1232 Haco Drive, between 8am-5:30pm, M-F, during November 19th and December 4th and receive up to 2 strands of new LED lights while supplies last. You must live in the BWL service area and show proper i.d.

Contact Waste Reduction Services for more information:

483-4400 recycle@lansingmi.gov www.lansingrecycles.com

GENERAL INFORMATION

Frequently Called Numbers

Administrative Offices (124 W. Michigan, 8th Floor, City Hall)	
Phone	483-4277
Fax	483-6062
Cemeteries (Evergreen, Mt. Hope, North).....	483-4303
Employment with Parks & Recreation:	
Full-Time (City Personnel Dept).....	483-4004
Part-Time (Parks & Recreation Dept)	483-4277
Forestry/City Street Trees	483-4202
Golf Course Operations	483-4232
Leisure Services Division	483-6019
Leisure Services Fax Line.....	377-0180
Parks Grounds Maintenance	483-4202
Rentals/Permits:	
Louis F. Adado/Riverfront Park	483-4276
Ballfield Practice Permits	483-4039
Ballfield/Soccerfield Rentals	483-4276
Picnic/Pavilion/Wedding Reservations.....	483-4277
Registration Fun-Lines:	
Foster Center.....	483-4233
Gier Center	483-4309
Letts Center	483-4305
Main Office	483-4277
Southside Community Center	483-6685
Riverboat Rentals	627-2154
Special Recreation Services.....	483-6019
Special Recreation Services Fax Line	377-0180
Sports - Adult & Youth	483-4039
Sports Recorded Message (Rain-out/Snow-out)	483-4255
Sports Fax Line	377-0180
Therapeutic Recreation.....	483-4291
TDD (For the hearing impaired)	483-4479
Washington Ice Rink.....	483-4232

Equal Opportunity

The City of Lansing provides services and employment on an equal opportunity basis without regard to religion, race, color, national origin, gender, sexual orientation, age, marital status, height, weight, arrest record or handicap. Any questions regarding this may be directed to the Human Relations and Community Services Department at 483-4477. The number for the communication system for the deaf and hearing impaired is 483-4479 (TDD).

Accessible Opportunities

Lansing Parks and Recreation accepts registrations from all people regardless of skills or abilities. Those individuals who may require accommodation or assistance are encouraged to call the program site or program coordinator two or three weeks before the start of the program. The staff in the department will contact you and make arrangements for reasonable accommodations. The City of Lansing encourages all citizens of our community, including those with disabilities, to participate in recreational programming. Any questions regarding this may be directed to the Therapeutic Recreation Specialist at 483-4291.

If you would like to receive this publication in the mail call the main Parks and Recreation Office at 483-4277 and ask to be added to our mailing list.

Parks & Recreation Facilities

Fenner Nature Center
2020 E. Mt. Hope
Lansing, MI 48910
483-4224 (Fax 377-0012)

Letts Community Center
1220 W. Kalamazoo
Lansing, MI 48915
483-4311(Fax 377-0073)

Foster Community Center
200 N. Foster Street
Lansing, MI 48912
483-4233 (Fax 377-0179)

Special Rec. Services
200 N. Foster Street
Lansing, MI 48912
483-6019 (Fax 377-0180)

Lifetime Sports
200 N. Foster Street
Lansing, MI 48912
483-4039 (Fax 377-0180)

Miller Road Center
6025 Curry Lane
Lansing, MI 48911
394-5421

Everett High School
3900 Stabler, Lansing

Mt. Hope Elementary School
1215 E. Mt. Hope, Lansing

Otto Middle School
500 E. Thomas, Lansing

Holiday Lanes
3101 E. Grand River, Lansing

Sexton High School
102 McPherson, Lansing

Fairview Elementary School
815 N. Fairview, Lansing

Dwight Rich Middle School
2600 Hampden, Lansing

Gier Community Center
2400 Hall Street
Lansing, MI 48906
483-4313 (Fax 377-0075)

Turner-Dodge House
100 E. North Street
Lansing, MI 48906
483-4220 (Fax 483-6081)

Golf Course Office**
1600 Ormond Street
Lansing, MI 48906
483-4232 (Fax 377-0053)

Washington Park Ice Complex
2700 S. Washington Ave.
Lansing, MI 48910
483-4232 (Fax 377-0053)

Southside Community Center
5825 Wise Rd.
Lansing MI 48911
483-6685 (Fax 882-3457)

** Groesbeck and Sycamore
Golf Courses

Additional facilities utilized for Parks and Recreation programs:

Gardner Middle School
333 Dahlia, Lansing

Beekman Center
2901 Wabash, Lansing

Wexford Elementary School
5217 Wexford, Lansing

Court One Ath. Club - North
1609 Lake Lansing, Lansing

North Elementary School
333 E. Miller, Lansing

Hope Soccer Complex
5127 Aurelius Rd., Lansing

Rent A Pavilion/Wedding Site

Pavilions are available for rent at Frances, Moores and Washington Parks. Outdoor wedding sites are also available for rent at Frances Park or Cooley Gardens. Reservations are taken up to six (6) months in advance. For reservations or information call 483-4277.

Turner-Dodge House is also available for rentals and weddings.
Call 483-4220 for details.

Save this section for easy reference.

GENERAL INFORMATION

City of Lansing Information

ELECTED OFFICIALS

Virg Bernero, Mayor, City of Lansing
Chris Swope, City Clerk

CITY COUNCIL

Derrick Quinney, President, Councilmember at Large
A'Lynne Robinson, Vice President, Third Ward Councilmember
Sandy Allen, Second Ward Councilmember
Kathie Dunbar, Councilmember at Large
Eric Hewitt, First Ward Councilmember
Brian Jeffries, Councilmember at Large
Tim Kaltenbach, Fourth Ward Councilmember
Carol Wood, Councilmember at Large

DEPARTMENT OF PARKS AND RECREATION

ADMINISTRATIVE OFFICE

Department of Parks and Recreation
City Hall - 8th Floor
124 W. Michigan Ave.
Lansing, Michigan 48933
Phone: (517) 483-4277 Fax: (517) 483-6062
Open: Monday - Friday, 8:00 a.m. - 5:00 p.m.

ADMINISTRATIVE STAFF

Murdock Jemerson, Director
Don Ballard, Interim Deputy Director
Paul Dykema, Manager of Forestry and Grounds
Brett Kaschinske, Manager of Leisure Services

PARK BOARD

Rick Kibbey, President
Darlene "Dusty" Fancher, Vice President
Ron Lott
Paul Carrier
Luke Canfora
Patrick Murray
Tina Houghton
Cynthia Ward

CITIZEN ADVISORY GROUPS

Foster Community Center Advisory Board
Foster Community Center Youth Advisory Board
Gier Community Center Advisory Board
Letts Community Center Advisory Board
Letts Community Center Youth Advisory Board
Greater Lansing Access Board
Softball Advisory Board
Baseball Advisory Board
Scott Center Advisory Board
Friends of Cooley Gardens
Friends of Fenner Nature Center
Friends of Frances Park
Friends of Turner-Dodge House, Inc.
Friends of Greater Lansing Dog Parks
Friends of Durant Park
Friends of Bancroft Park
Friends of Comstock Park
Friends of Lansing Historic Cemeteries

Refund Policy

In the event of insufficient registration or other circumstances beyond our control, Lansing Parks and Recreation may cancel classes, programs or permits. In such cases you will receive a full refund. Our goal is to provide quality, enjoyable leisure opportunities to the public and we encourage your participation and feedback. We realize that extenuating circumstances sometimes occur that may affect your ability to attend a program after you have registered; contact us immediately if this occurs. Please allow 3-4 weeks for processing refunds. If payment was made by check, please allow 6 weeks for processing.

ONE DAY ACTIVITIES

Up to one week prior to activity, full refund less \$5.00 service charge.

CLASSES/PROGRAMS

Up to one week prior to class/program, full refund less \$5.00 service charge. Less than one week prior to first class or program, but before second class/program, one half refund less \$5.00 service charge. After second class, no refunds.

PAVILIONS – WEDDING SITES

30 days prior to use, full refund, less \$10.00 service charge. Within 30 days to use, no refunds unless reserved and paid for by another group. No refunds because of inclement weather!

LIFETIME SPORTS PROGRAMS

Team fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After mailing - before first game, one half refund less \$5.00 service charge; after first game, no refunds.

Individual fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After first game, no refunds. No refund of improvement fees for softball!

ATHLETIC FIELD RENTAL PERMITS

28 days prior to use, full refund less \$5.00 service charge. After 28 days - before 14 calendar days, one half refund less \$5.00 service charge. Less than 14 days, no refund. No refunds of Athletic Field Practice.

Scholarships Are Available For City of Lansing Youth

Lansing residents under the age of 18 who meet Federal HUD low income guidelines for the Lansing area are eligible for partial scholarships for Parks and Recreation sponsored programs. Applicants may be asked to show proof of income. Scholarships do not cover team fees, supply costs, out of town trips, one day activities or activities not sponsored by the Parks and Recreation Department. A small co-payment is required at the time of application. Visit any community center or the main Parks and Recreation office for information and applications. Call 483-4277 for more information.

LANSING PARKS AND RECREATION DEPARTMENT

5 Easy Ways To Register for Fall Beginning in September!

Please note that all fees must be paid at the time you register!

1. MAIL-IN REGISTRATION

- Complete Registration Form and include credit card #, 3 digit security code, expiration date and signature, or check or money order payable to Lansing Parks and Recreation
- Mail to the Main Office, or to any community center
- Registrations will be processed daily at 4 pm, beginning **September 14 for residents**

2. TELEPHONE REGISTRATION - Credit Card payments only!

- Call any Fun Line, Monday-Friday, 8:30 am - 4 pm
- TDD 483-4479 (for hearing impaired ONLY)
- Register the entire family with one call; you may also register up to one non-family member
- Payment must be made at time of registration, beginning **September 14 for residents**

3. REGISTRATION BY FAX - Credit Card payments only!

- FAX Registration Form below to Lansing Parks and Recreation Activity Registration, FAX # (517) 483-6062
- Processed daily at 4 pm, beginning **September 14 for residents**

4. WALK-IN REGISTRATION

- Accepted at the above locations beginning **September 14 for residents**
- Payment must accompany registration

5. ON-LINE REGISTRATION AT www.lansingmi.gov/parks

- Beginning at 8:30 a.m. Available 24 hrs a day, 7 days a week



WHERE TO REGISTER

LANSING PARKS & RECREATION MAIN OFFICE

124 W. Michigan Ave, 8th Floor, City Hall
Lansing, MI 48933
Phone: 483-4277

FOSTER COMMUNITY CENTER

200 N. Foster Street, Lansing, MI 48912
Fun-Line: 483-4233

GIER COMMUNITY CENTER

2400 Hall Street, Lansing, MI 48906
Fun-Line: 483-4309

LETTS COMMUNITY CENTER

1220 W. Kalamazoo Street, Lansing, MI 48915
Fun-Line: 483-4305

SOUTHSIDE COMMUNITY CENTER

5825 Wise Rd., Lansing MI 48911
Fun-Line: 483-6686

September 14Early Registration for Lansing Residents
September 21Open registration for all

Payment must be made at the time of registration. No class or program openings will be held or saved for persons registering without payment! Registrations are taken on a first come, first serve basis. Please register early!

REGISTRATION FORM

- ☐ If you need accommodations due to a disability, please check this box and register at least 2 weeks prior to start of class to allow for arrangements. Please use a separate registration form for each participant!

Participant's Name _____ Age _____ Phone (home) _____

Address _____ City _____ Zip _____

Date of Birth _____ / _____ / _____
Month Day Year

Sex: ☐ Male ☐ Female

T-Shirt Size (Please circle): Youth/Adult S M L XL XXL

Parent/Guardian Name _____

Address _____ City _____ Zip _____

Phone (home) _____ (work) _____ Emergency contact: _____ / _____
Name Phone #

Household E-mail Address (Adults only) _____

Activity #	Activity Title	Site	Day/Time	Fee

If paying by credit card, the following information must be provided:

Discover / Visa / Mastercard (circle one) _____ / _____ / _____
Expiration date 3 digit security code Signature
(on back of card)

Fees must be paid at the time you register. Don't take a chance and miss out on your favorite class or program . . . please register early!

CHECK / MONEY ORDER - VISA / MASTERCARD - CASH

Lansing Parks and Recreation
8th Floor City Hall
124 W Michigan
Lansing MI 48933

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Did you receive a duplicate? Pick up a copy of the Parks and Recreation "Activities Guide" at many locations throughout Lansing including Foster, Gier and Letts Community Centers or view it on the web at www.lansingmi.gov/parks or call 483-4277 to get on the mailing list.
PLEASE SHARE WITH A FRIEND!



It's like
asking Mom
for \$75,000.
Only easier.

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517.267.7200 | NuUnion.org

*Proud to be a part of the Lansing
Community and a city supporter.*

**Candy
Land
Trail**

at
**Fenner
Nature Center
Saturday
October 24 • 1-4 pm
\$5/child**

Come participate in this Halloween tradition and meet the characters from your favorite board game – CandyLand! This trail is designed for our young ghouls. The characters will talk with our little visitors and hand out sweet treats!